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VOLUME 10 NUMBER 38

FEBRUARY 25 - MARCH 3, 2010

# History flying over East County



Dave Stall mans a Browning 50 cal. machine gun at Waste Gunner position inside the B-17 during Tuesday's flight. Photo by Dave Norman

by Debbie Norman

Ever fly in a B-17? The opportunity is here. The Liberty Foundation is in El Cajon at the Gillespie Airfield with the 'Liberty Belle,' one of 14 B-17's that still fly today. Flights are available Saturday, Feb. 27 and Sunday, Feb. 28 from 10 a.m. to 5 p.m.

The Gazette was invited on a media flight, and of course I took the 'Liberty' of going, as did Dave Norman and Dave Stall.

Going up into the air, we were belted down into our seats, not the seats you would see on a commercial airline, but benches and lawn chair looking seats. The same seats you see in the WWII movies when the soldiers are fighting the war in their aircraft. Although on this flight, the only war we were facing was who got to sit in the nose and who had the biggest grin. (I think I won on the grin.)

Once up in the sky, we were allowed to mull around the

See 'LIBERTY BELLE' page 4



The 'Liberty Belle' props spinning over East County. Photo by Dave Norman

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# Local News & Events

## 'Liberty Belle' takes flight over East County ...

Continued from page 1

aircraft and pretend we were actually in WWII over East County.

The 'Liberty Belle' also called 'The Flying Fortress' due to her defensive fire power saw action in every theatre of operation during WWII. The 'Liberty Belle' was the most recently restored World War II Boeing B-17. She was built toward the end of the war and never saw any combat. She was painted in the colors and nose art of the original 'Liberty Belle' B-17 that flew countless missions with the 390th bomb group of the mighty 8th Airforce.

There were 12,732 B-17's produced between 1935 and 1945, of these 4,735 were lost in combat. Following WWII, the B-17 saw combat in three more wars, B-17s saw service in Korea, Israel used them in the war of 1948 and was even used during Vietnam.

The Liberty Foundation's B-17G had an interesting post war history. Sold for scrap in 1947 to a mining company, in short order it was sold again to

Pratt & Whitney for the sum of \$2,700. Pratt & Whitney operated the B-17 until 1967, in which it was a heavily modified test bed for their T-34 & T-64 turbo prop engines thus making it a five engine B-17.

In 1968 the B-17 was then donated to the Connecticut Aeronautical Historic society. Unfortunately, in 1979 the B-17 was heavily damaged in a tornado that threw another airplane onto the B-17's mid-section breaking her back. The wreck was stored until 1987 when acquired by an aviation enthusiast in Florida with the intent to restore the aircraft. In 1992 the slow laborious task of restoration began and with the turn of the century saw the B-17 sold again to Don Brooks of the Liberty Foundation. Mr. Brooks, whose father flew B-17's with the 390th bomb group during WWII, founded the Liberty Foundation; a non profit museum dedicated to preserving our aviation heritage, and funded the complete restoration of the B-17 back to her full wartime configuration as she appears today. He chose to paint the B-17 as the

'Liberty Belle' as a tribute to his father who was a Tail gunner and flew numerous combat missions in the original Liberty Belle, and all the brave aircrew of WWII. The B-17 following a fourteen year restoration took to the skies again after 38 years on December 8, 2004.

The "Liberty Belle" provides visitors the opportunity to take a step back in time and gain respect for the men and women who gave so much to protect our freedoms. During the flight, passengers enjoy the unique opportunity of moving about the aircraft to the different combat crew positions to see the viewpoint that thousands of our heroes saw in combat over 60 years ago.

World War II was the single greatest challenge to freedom in the 20th Century. Through the 46 months of war, over 300,000 American soldiers, sailors and aviators died defending the beliefs that they held dear, with many more sacrificing in other ways. These men became our heroes through their struggles and came home to a grateful



Tail of B-17 flying over East County. Photo by Debbie Norman

nation. Over the half century since, those heroes became our husbands, uncles, fathers and grandfathers; in many cases their stories were never shared with their families. Now with the popularity of movies like "Pearl Harbor" and the Steven Ambrose book "The Wild Blue", families are seeking to

learn more about our veterans. They realize that these stories of courage and valor need to be preserved for future generations. Estimates place the number of World War II veterans dying each day at over 1,500. With each death, another story of courage, honor and sacrifice is lost forever. This aircraft rep-

resents that legacy of courage and valor."

The total flight experience takes 45 minutes with approximately half hour in flight. Flights experiences are \$395 for Liberty Foundation members and \$430 for non-mem-

See 'B-17' page 13

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## — LOCAL NEWS &amp; EVENTS —

# El Cajon highlights —

by **Monica Zech**  
City of El Cajon Public  
Information Officer

## Grossmont College To Enhance Nursing Program

**G**rossmont College in El Cajon will host a signing ceremony at 9:30 a.m. on Friday, Feb. 26, to unveil an innovative transfer agreement that will provide an accelerated path to a bachelor's degree in nursing. The new agreement will give Grossmont nursing graduates a fast track to earning a baccalaureate in nursing in 16 months, starting in the Fall 2010 semester, by taking online classes from Phoenix-based Grand Canyon University. Grand Canyon University is a private, accredited Christian university that offers bachelors degrees in nursing through its College of Nursing and Health Sciences. The agreement between Grossmont College and Grand Canyon University is the first of its kind in the state between a California community college and a private university, according to the California Community Colleges Chancellor's Office. The ceremony will take place at Grossmont's Health & Sciences complex. For more information, contact Grossmont College's Office of College and Community Relations at (619) 644-7840.

## H1N1 Vaccinations available again this Saturday at Wells Park

The San Diego County Health and Human Services Agency (HHSA) will hold five more H1N1 vaccination events for San Diego County residents including El Cajon. According to Wilma Wooten, M.D., M.P.H., San Diego County Public Health Officer, "It's not too late to get vaccinated against H1N1. We encourage everyone to get vaccinated to protect themselves and their loved ones." The H1N1 vaccination event in El Cajon is this Saturday, Feb. 27, from 9 a.m. to 1 p.m., at Wells Park Center, 1153 East Madison Avenue.

## Relay For Life Breakfast

Our El Cajon Relay for Life event is scheduled for June 6 and 7 at El Cajon Valley High School. But you can get a jump-start on the festivities by coming to our Flapjack Breakfast Fundraiser on February 27 at the Rancho San Diego Applebee's from 8 to 10 a.m. Tickets are \$10 per person.

The breakfast includes pancakes, syrup, butter, scrambled eggs, bacon, sausage, milk, juice and coffee. For tickets, call Sharon Greiner at (619) 440-1206. Relay for Life is important to our community by raising funds for the American Cancer Society so that they may continue with research, education, advocacy and services for those going through cancer treatments. We are fighting this disease and with your help, maybe some day we will beat it! Please come to the Flapjack Breakfast and join or start your own Relay for Life Team. To sign up, donate or get more information go to <http://relay.acsevents.org>.

## Friday is the Chamber's 98<sup>th</sup> Inaugural Gala

This coming Friday the San Diego East County Chamber of Commerce is holding their 98<sup>th</sup> Inaugural Gala and Awards Dinner, February 26, 6 p.m. at the Barona Resort & Casino Convention Center. The event is \$75 per person. This is the largest fundraiser of the year for the Chamber. Funds raised will help support the organization's programs and special events. This event is an excellent way for area businesses to network. For more information please call (619) 440-6161, or visit their website at [www.eastcountychamber.org](http://www.eastcountychamber.org).

## Business Forum for Second Street area

The El Cajon Police Department is inviting all business owners, managers, and their employees to an informational meeting to discuss issues on Second Street that are important to your business and the community you serve. The date is Wednesday, March 3, at 9 a.m., at the IHOP restaurant, located at 1286 Oakdale Avenue in El Cajon. This is your opportunity to share concerns about the area, talk with members of the police department, and express ideas on how to improve Second Street. For more information please contact Officer Dan Hansen at (619) 441-1597.

## FREE First-Time Homebuyer Class March 6 in El Cajon

A free First-Time Homebuyer Class will be held on Saturday, March 6, from 9 a.m. to 5 p.m. at the El Cajon Community Development Corporation offices, located at 131 East Main Street, in Downtown El Cajon. This First-Time Homebuyer class will educate prospective

homeowners on what to expect in the home buying process. This pre-purchase education seminar is approved by HUD, Fannie Mae, and Freddie Mac. Upon completing the First-Time Homebuyer class, participants will receive a certificate of achievement, which serves to meet a mortgage lender's requirement. In one day of training, participants will learn how to buy a home from start to finish, and how to stay on track as a responsible homeowner. Information will be presented on several topics, including: preparing for homeownership, checking your credit, shopping for a home, obtaining a mortgage, closing your home, and life as a homeowner. Reservations are required; please call (800) 947-3752, ext. 7820.

## Ladies Night Fashion Show At El Cajon Harley Davidson

It's called a Garage Party, and it's scheduled for Friday, March 12 from 6:30 to 8 p.m. at their store located at 621 El Cajon Boulevard. It will be a night of fun, fashion and food! Learn all you ever wanted to know about riding a Harley with all your lady friends and see a Harley Fashion Show too. Door prizes and much more! Please R.S.V.P. by March 5 at (619) 444-1123. Admission is free!

## Free CPR Lessons

The American Red Cross is holding their annual CPR Saturday! More than 2,100 people received free training at last year's CPR Saturday. It's "free" Adult CPR certification for participants who successfully complete the training. There will also be a Children's Learning Area available. (ages 5 to 11). Saturday, March 13, with sessions beginning at 7, 8, 9, 10 and 11 a.m. and 12 and 1 p.m. Please arrive 30 minutes prior to your desired session start time. Located at Golden Hall, San Diego Concourse, 202 C Street at B Street and 3<sup>rd</sup> Avenue. There

is no advance registration required for this event! Call (858) 309-1369 to obtain more information.

## Time Change In March

Sunday, March 14 is Daylight Saving Time. We will be moving our clocks ahead one hour before you go to sleep Saturday night. Also a good time to remember to change the batteries in our smoke alarms!

## FREE Smoke Alarms, LED Nightlights

The Burn Institute has partnered with SDG&E to Protect Seniors. Throughout the year, the Burn Institute, community volunteers and members of the fire service take part in a collaborative effort to install FREE lifesaving smoke alarms for qualified seniors in San Diego County. New for 2010, they will now provide FREE energy-saving LED nightlights to each senior household! To qualify for the Burn Institute's Senior Smoke Alarm Program, seniors must be 55 years or older, own their own home and live within San Diego County. The next installation is Saturday, March 20, for households located within the County of San Diego. The Burn Institute's Senior Smoke Alarm Program is available to seniors year-round. Installations are booked on a first-come, first-served basis. Call Gwen Lammers at (858) 541-2277, ext. 13. For more information visit the Burn Institute website at [www.burninstitute.org](http://www.burninstitute.org).

Keep me informed of your community events by placing me on your mailing or e-mail list. If you have an event in the City of El Cajon that you would like to share, please contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at [mzech@ci-el-cajon.ca.us](mailto:mzech@ci-el-cajon.ca.us), or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

## THEY SHALL BE MISSED — BUT NEVER FORGOTTEN

**Chief John G Conyers**  
**1973-2010**



On Friday, Feb. 19 John G. Conyers was killed in an electrical accident aboard the aircraft carrier USS Ronald Reagan during routine repairs.

Chief Conyers was raised in El Cajon and graduated from Grossmont High School in 1991. He served in the Navy for 11 years and become Chief in 2008.

He is survived by his wife Loreen and 2-year-old daughter Chloe, his mom, Joanne Hodge and stepfather Steve, Brother Joseph Conyers and sister Stacie Hodge.

Memorial services are being held at Lowry Theater, Bldg 650 Naval Air Station North Island at 1:00PM

Donations can be made in honor of John at Antonelli's Deli, 1354 North Magnolia in El Cajon. All donations will benefit his wife and daughter.

## Christobal "Chris" J. Mesa

Christobal Mesa passed away last Monday, Feb 15 of natural causes. He will be honored at Fort Rosecrans National Cemetery on Wednesday, March 3 promptly at 2 p.m. In lieu of flowers, donations may be sent to San Diego Humane Society in memory of Chris J. Mesa, 5500 Gaines St., San Diego, CA 92110.

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## — LOCAL NEWS &amp; EVENTS —

# Community at large

## Sophie's Center Art Gallery and gift shop spotlights the very special

by Judith Acton Ayala

Anyone who walks through the door of Sophie's Center Art Gallery and Gift Shop, gets an immediate sense of artist excellence. That's because the beautiful artwork display for sale is by local artists who happen to be developmentally disabled. The Art Gallery has been an off-campus part of St. Madeleine's Sophie's Center (SMSC) for more than 10 years. The Gallery serves the community by allowing the developmentally disabled adults to express their creativity, earn a paycheck and help the public understand what SMSC is about.

"Sophie's Center Art Gallery gives those with developmental disabilities a place to come, explore their inner lives and express themselves," said Wendy Morris, administrator of the gallery. "It's a bridge between them and the community to be seen as people, not as people with disabilities."

Each week approximately 30 students attend classes and work on various projects, many that will be exhibited in any of three shows SMSC puts on

each year. "The shows personally reflect the interest of each artist," Morris said.

The show, "Gotta' Have Heart," takes place each February. This year the students turned old LP's into working clocks. Last October the students created folk art pieces for "Passageways," which celebrates National Disabilities Month each year. "Wings and Snow" is the Gallery's annual holiday show.

Whether the artists are painting suitcases, doors or lunchboxes, each artist turns his art piece into an eye-catching work of art. Hand-painted suitcases were showcased at the San Diego Airport last year, as well as at the California Center for the Arts, Escondido.

Other events take place at SMSC – sometimes in the gorgeous organic gardens on the campus. The annual April fundraiser, "Morning Glory Brunch," will feature hand-decorated garden chairs this year. The "Organic Gardening Program," serves more than 100 students. The Center's two-acre garden site includes two 1,500 sq. ft. facilities – housing a greenhouse and

propagation house – a worm farm, a citrus orchard, ornamental trees, a vegetable garden, shrubs, herbs and a variety of seasonal flowers. The gardens are open to the public and available to rent for special occasions.

SMSC began in 1966, when the progressive-minded Religious of the Society of the Sacred Heart developed a program for preschool-aged developmentally disabled children in El Cajon. Since then SMSC has helped people explore and nurture their potential, giving thousands a chance to live life to the fullest. The Center truly provides a "Life Program" that allows students to learn, grow, enjoy friendships and social activities throughout their lives. Students come to SMSC's five-acre campus in the foothills of El Cajon daily to learn or upgrade marketable skills, develop creative outlets, earn some money, and gain a sense of independence and self esteem. This includes recent high-school graduates to seniors in their 70s.

There is currently no cure for developmental disabilities including Down Syndrome, autism, epilepsy, and cerebral palsy. SMSC offers the developmentally disabled special support through all stages of



Sophie's Center Gift Shop. Photo courtesy Sophie's Center

life. With a low student-to-instructor ratio, SMSC has been very successful in attracting highly skilled employees. It has more than 90 staff members and is served by more than 150 dedicated volunteers.

The Art Gallery holds an open studio for the public the first Friday and Saturday of

the month. Visit them at 109 Rea Avenue, El Cajon, (619) 593-2205. SMSC is located at

2119 East Madison Avenue, (619) 442-5129. For more info visit [www.stmsc.org](http://www.stmsc.org).

## Local Dressbarn announces Dress for Success S.O.S.

Women are encouraged to donate one new or nearly-new interview suit and career separates to their local dressbarn store as part of its annual Dress for Success S.O.S. – Send One Suit this weekend, Thursday Feb. 25 through Sunday, Feb. 28. The campaign is designed to give disadvantaged women clothing that gives them the confidence to take the first step towards economic independence.

Dressbarn stores across the country will collect clothing from customers and donate them to Dress for Success who serves women seeking career development support.

To date, over 230,000 suits and separates have been donated by dressbarn consumers and associates. The donations are distributed to more than 60 Dress for Success affiliates throughout the country and have provided for, on average,

more than 20 percent of their annual suiting needs.

This is an opportunity to help women looking to gain a job or trying to re-enter the workforce.

The Viejas Outlet Center is home to East County's Dress Barn. It is located at 5005 Wil-lows Road, Alpine, CA 91901. They can be reached by calling (619)445-7615 or visit [www.dressbarn.com](http://www.dressbarn.com) to find the nearest location.

The Dress Barn, Inc. (NASDAQ – DBRN), is a leading national specialty apparel retailer offering quality casual and career fashion apparel in sizes 4 to 24, as well as shoes and accessories. As of February 2010, the company operated over 835 dressbarn stores in 47 states and over 720 maurices stores in 44 states. For more information, please visit [www.dressbarn.com](http://www.dressbarn.com).

## Lakeside round-up

Lakeside Community Planning Group

by Patt Bixby

Beginning in March, SDG&E will be replacing electric meters in Lakeside with Smart Meters. Residential and commercial business meters will be replaced which eliminate meter readers. Meter readers will be transferred to other positions.

If there is sensitive equipment in your home contact SDG&E to schedule an appointment. Gas meters will suffer no loss of service. In the future customers will be able to access their usage online. SDG&E advised the goal is conservation. SDG&E will be notified of outages sooner. New appliances will be able to communicate with the meter. SDG&E will now be able to shut off power during a fire-storm.

Proposed Publicly Initiated Action

Lakeside Skate Park Committee asked the Board for a letter of support in their efforts to bring a skateboard park to Lakeside. Those in support include local churches, Lakeside Historical Society, Lions Club and community members. County Supervisor Dianne Jacob is in support of the park. The County will own the skate park so County Parks and Recreation will maintain the facility.

Proposed Privately Initiated Action

Lakeside Downs A179 lot subdivision of 410 acres located north of El Nopal West of Oak Creek and east of Santee. Proponent advised there are 139 new residential lots. The spine of the road will be a public road off El Nopal to Oak Creek with no private gates. The rest of the project will be private gates. Motion to approve with exceptions.

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# For Health's Sake

## Why hypnosis? Because it works - Part 1



by Judy Callihan Warfield

Hypnosis has been accepted by the American Medical Association since 1958. Hypnosis has successfully been used for many years prior to that. Here are just a few of the statistics for the use of hypnosis:

- Alfred Barrios PhD indicated the following statistics concerning effectiveness: Psychoanalysis 35 percent recovery after 600 sessions; Behavior Therapy 72 percent recovery after 22 sessions;

Hypnotherapy 93 percent recovery after 6 sessions.

- In 1995, a team of researchers from the University of Connecticut reviewed six weight loss studies that compared the effect of cognitive therapy-identifying eating triggers and defusing them with and without hypnosis. About 70 percent of the overweight people who got hypnosis lost more weight and kept it off longer than those who got only talk therapy.

- In a 2002 look at 20 studies on hypnosis and surgical pain, Mount Sinai researchers found that adding hypnosis to standard post-surgical care sped recovery almost 90 percent of the time, in terms of levels of pain, anxiety and the need for painkillers.

- Reported in the Los Angeles Times 1/5/2004; movie and TV actor Henry Polic II went to Marc Schoen of UCLA School of Medicine for treatment of a

malignant skin cancer. Polic was also on a drug and radiation regimen that caused a paralyzing nausea, plus swelling blisters in his mouth so severe that he had trouble speaking and swallowing. It took a few sessions, but swelling dropped by about half and the blisters near the back of his throat disappeared with hypnosis.

- Cancer.gov indicates that hypnosis is a non drug treatment now widely used to help manage cancer pain. This technique may be used alone or along with medicine. Some people find they can take a lower dose of medicine with such techniques. (Please keep in mind that Success Hypnotherapy strongly urges people to remain on their prescribed medical protocols and will require a referral from your physician. Any change in medication should be made between you and your physician.)

- A 1995 consensus statement from the National Institutes of Health cited strong evidence that hypnosis can reduce chronic pain associated with cancer and other conditions such as irritable bowel syndrome and tension headaches.

- American Psychotherapy & Medical Hypnosis Association Cochrane Review Abstracts, Oxford, 1999 reports: Hypnotherapy is a process by which a person, with the assistance of a trained hypnotherapist, has his/her subconscious mind opened to suggestion for the purpose of changing one or more behavior patterns. When the subconscious is spoken to directly, it may be possible to reprogram old behavior patterns and introduce new ideas and positive suggestions. These positive suggestions may then be used to help make the changes you desire.

- Blue Cross of California,

one of the state's largest health care providers, breaks new ground with the launch of their new "Hypnotherapy Network" at [www.bluecrossofcalifornia.com](http://www.bluecrossofcalifornia.com). The goal of the program is to introduce Blue Cross customers to the idea of using hypnotherapy to prevent illness by reducing stress, and to lead more productive and rewarding lives. Helping people to sleep better, to stop smoking, to be motivated to exercise and learn to release the tension of their job, those are just some of the ways they see Hypnotherapists helping Blue Cross customers develop healthier lifestyles. (Please note that I was the only hypnotherapist in Riverside/San Diego County which is on Blue Cross Healthy Extensions referral program. and now also in San Diego County). Please note that Blue Cross currently has discontinued this program.

- The Wall Street Journal reports on 10/7/2003; numerous scientific studies have emerged in recent years showing that the hypnotized mind can exert a real and powerful effect on the body. The new findings are leading major hospitals to try hypnosis to help relieve pain and speed recovery in a variety of illnesses. University of North Carolina is using hypnosis in the treatment of irritable bowel syndrome by helping patients use their mind to quiet an unruly gut. Doctors at the University of Washington's regional burn center in Seattle regularly use it to help patients alleviate excruciating pain. Several hospitals affiliated with Harvard Medical School are employing hypnosis to speed up post-surgical recovery time. In one of the most persuasive studies yet, a Harvard researcher reports that hypnosis quickened the typical healing time of bone fractures by several weeks.

- "Hypnosis may sound like

magic, but we are now producing evidence showing it can be significantly therapeutic", say David Spiegel a Standard University psychologist.

- In a randomized, controlled study published in the Journal of Rheumatology involved 40 patients with refractory fibromyalgia who were given treatment either with hypnotherapy or physical therapy for 12 weeks and then followed up 12 weeks later. The study showed that the patients who underwent hypnotherapy showed "a significant better outcome with respect to their pain experiences, fatigue on awakening, sleep patterns" and their overall assessments of their own conditions. The researchers concluded that "Hypnotherapy may be useful in relieving symptoms in patients with refractory fibromyalgia".

- In the June 21, 2001 is-

sue of eMedicine Consumer Journal that medical hypnosis has been used to successfully reduce nausea and vomiting and that some people have also used self hypnosis to control their symptoms. Nausea and vomiting are normal in pregnancy. Up to 70 percent of all women get mild to moderate symptoms during the first trimester of pregnancy.

- Hypnotherapy has been successfully employed with sleep disorders such as nightmares and anxiety associated with falling asleep as well as night terrors. There is general agreement that relaxation based approaches, including hypnosis, are "effective treatments of insomnia", according to a 1996 National Institutes of Health Technology Assessment Panel report published in JAMA.

**Read part 2 next week.**

### Laughter is the Best Medicine

#### Little Larry

Larry watched, fascinated, as his mother smoothed cold cream on her face. 'Why do you do that, mommy?' he asked.

'To make myself beautiful,' said his mother, who then began removing the cream with a tissue.

'What's the matter, asked Larry 'Giving up?'

The math teacher saw that Larry wasn't paying attention in class. She called on him and said, 'Larry! What are 2 and 4 and 28 and 44?'

Larry quickly replied, 'NBC, FOX, ESPN and the Cartoon Network!'

Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. 'Yes,' said the policeman. 'The detectives want very badly to capture him.'

Larry asked, "Why didn't you keep him when you took his picture?"

Submitted by Keith Babcock of E Cajon.

Have a funny clean joke to share? Send it to: [Jokes@ecgazette.com](mailto:Jokes@ecgazette.com).



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DINING & ENTERTAINMENT GUIDE

SECTION B TO THE EAST COUNTY GAZETTE VOL. 10, NO. 38, FEBRUARY 25, 2010



# Out and about in the County

**Feb. 27: Alpine- The Alpine Woman's Club's Seventeenth Annual Victoria Tea**, 12 and 3 p.m. The Alpine Woman's Club's Seventeenth Annual Victoria Tea, 2156 Alpine Blvd., Alpine. Tickets are \$25. For more information contact Sandra Wise at (619) 659-0129.

**Feb. 27: Heritage Day Parade, SDSU Heritage Days** Parade celebrates Black History Month, sponsored by San Diego State University organizations. More Info: [http://www-rohan.sdsu.edu/dept/afras/docs/Black\\_History-Calendar\\_2010.pdf](http://www-rohan.sdsu.edu/dept/afras/docs/Black_History-Calendar_2010.pdf)

**Feb. 27: Hawk Watch! Ramona**, 9 a.m. - 12 noon. End Time: 12 p.m. The Ramona Grasslands, a protected resource area, is home to 19 species of raptors including golden eagles, hawks and falcons. Visitors will observe the wild raptors and learn from WRI biologists about the birds' life histories and the significance of this local ecosystem to the raptors' survival. There will be demonstrations of hawk banding and tracking eagles with transmitters. This free, educational program is open to the public and rewarding for all ages. Bring binoculars and cameras if you have them. Biologists will have spotting scopes for your use. Sturdy shoes and layered clothing are recommended, although there is no hiking. The facility is handicapped accessible. Programs will be cancelled only in the event of heavy rains. The event is at WRI Headquarters, which is located on Highland Valley Road near the intersection of Rangeland and Highland Roads. Highway 67 to Ramona and turn north (left turn) on Highland Valley Road for 2 miles and look for our sign, Wildlife Research

Institute, Inc. on the right, 18030 Highland Valley Road. For large groups or additional information call (760) 789-3992 or visit <http://www.wildlife-research.org>

**March 13: Albertson's Annual Community Fair**, 10 - 4 p.m. at 2955 Alpine Blvd. Sponsored by the Alpine Mtn. Empire Chamber of Commerce. For info call (619) 445-2722 or email [kelly@alpinechamber.sdcxmail.com](mailto:kelly@alpinechamber.sdcxmail.com)

**March 20: Lemon Grove---Cesar Chavez's Day of Service** at Golden Avenue Elementary. 10 a.m.—2 p.m. In honor of Cesar Chavez's legacy of service to our community, all families and community members are invited to join forces in enhancing the Golden Avenue Elementary campus. Projects include garden construction, planting, painting and other minor construction projects. For more information call (619) 825-5637 or email [roser@lgsd.k12.ca.us](mailto:roser@lgsd.k12.ca.us).

**March 20: The San Diego Center for Children's Annual Dinner** at the US Grant Hotel in downtown San Diego. The Center, founded in 1887, is San Diego's oldest non-profit children's charity and helps children thrive whose abuse, trauma or mental illness has kept them from success at home, school, or in their community. The Center provides an array of respected educational and therapeutic programs, as well as art, music, and recreational therapy for children all around the county. The Annual Dinner is a fun and engaging event featuring wonderful music. For additional information about the event, please call Jessica Johnson at (858) 569-2148 or email [jjohnson@centerforchildren.org](mailto:jjohnson@centerforchildren.org).

Visit the Center online at [www.centerforchildren.org](http://www.centerforchildren.org) for details about programs and services offered by the San Diego Center for Children.

**March 15: 19th Annual Golf Tournament.** The San Diego Center for Children will hold its 19th annual golf tournament, Tee Up for Kids, 2010 at the Santaluz Club, 8170 Caminito Santaluz East, San Diego, CA 92127. Proceeds from the event benefit the San Diego Center for Children (SDCC). Founded in 1887, the organization has earned recognition and praise for helping children and adolescents face and heal mental health challenges. Today, the Center has grown into San Diego's most trusted organization at finding solutions and changing lives. Donations from the event help the Center offer quality programs and services to children and adolescents suffering from mental health challenges, and provide additional opportunities to it highly-skilled professionals to reverse destructive behavior and restore hope and healing. Cost for the tournament is \$1,500 for a foursome. Individual golfers can sign up for \$400. For additional information about the event, please call Jessica Johnson at 858-569-2148 or email [jjohnson@centerforchildren.org](mailto:jjohnson@centerforchildren.org). Visit the Center online at [www.centerforchildren.org](http://www.centerforchildren.org) for details about programs and services offered by the San Diego Center for Children.

**April 17: Spring Valley-- Sweethearts Dinner.** Meet the new Mr. and Mrs. Spring Valley 5:30 to 8 p.m. Contact the Spring Valley Chamber for more info and for tickets (619) 670-9902

## GOLDEN ACORN CASINO

Thank you for your TERRIFIC response to our Lunar New Year festivities.  
The Chinese Acrobats from Heibei were indeed something to see.  
Thank you again.

### FINISHING OFF FEBRUARY

Friday ends with Payday Friday and more BINGO.  
Don't forget Tuesdays and Thursdays are our special Senior Days.  
We'll have another final week of February promotions with a special GIFT DAY on Friday the 26th.

## MOVING ON TO MARCH

We'll have the same promo days as in February, with BINGO on Tuesdays and Fridays and Senior Days on Tuesdays and Thursdays.  
You'll also see Flurry and Cash, Hot Slots, and our Black Jack Double Bonus tournaments.  
We will also have a MARCH MADNESS promotion to celebrate March 21st time change and 1st day of SPRING.

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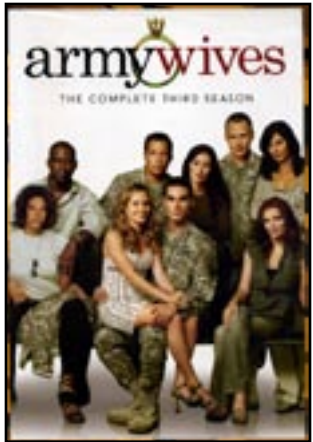


## — HOME ENTERTAINMENT —

# New DVDs constantly arriving in stores

Reviews by Diana Saenger

Anyone who searches for DVDs online or sees TV ads realizes more and more product is released everyday. Studios discovered a few years ago they often make more money on the DVD release than the movie did at the theater. That's also why a movie now arrives on DVD faster than it used to. Here's a few of the new videos flooding the market this month.



## 'Army Wives: The Complete Third Season'

Fans of this popular series can't wait to get their hands on this 5-disc set. *Army Wives* covers many of the highs and lows of Army wives and how they deal with a deployed family member. Some key points this season; General Holden's 16-year-old daughter runs away from home to get married; Roxy continues her fight to get her bar back. In addition to all 18 episodes of the third season, the DVD offers a guided tour of Charleston, South Carolina conducted by the cast, behind-the-scenes features, and bloopers. Rated "TVPG." Buena Vista Home Entertainment.



## 'Smokin' Aces 2: Assassin's Ball'

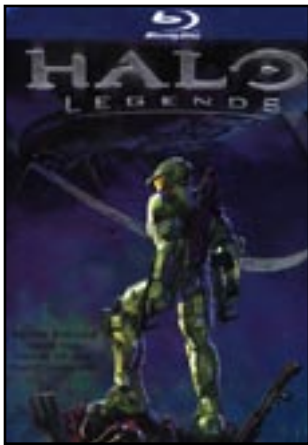
The director of *Smokin' Aces*

and *Narc* brings you back into the adrenaline-pumping world of blood, bullets and bad guys. Packed with insane mercenaries, sexy assassins, and more of the fan-favorite Tremor family, this all-new explosive film tells the story of a low-level FBI agent with a high-price on his head! May the best hit man survive! "Rated "R" - Universal Studios Home Entertainment.



## 'The Invention of Lying'

In a world where the human race has never evolved the ability to lie, a man who suddenly discovers how will change the world. With this superpower, he can get anything he wants. Well, nearly everything. That's the premise of this comedy starring Ricky Gervais, Jennifer Garner, Rob Lowe and Tina Fey. It's a mindless plot with lots of laughs, mainly because Gervais can make one laugh about almost anything. Also available on Blu-Ray. Rated "PG-13" - Warner Home Video.



## 'Halo Legends Blu-ray'

This 8-episode anthology of 10-15 minute length each, explores the origin and historical events of the HALO universe, and various characters inhabiting the world. Like *The Animatrix* and *Batman Gotham Knight*, each of the 8 episodes will be created by a separate prominent Japanese anime producer. The episodes are animated by some of the world's most respected studios and directors in anime today. Rated "PG-13" - Warner Home Video.

## Academy Collection: The Envelope Please, Volume 1

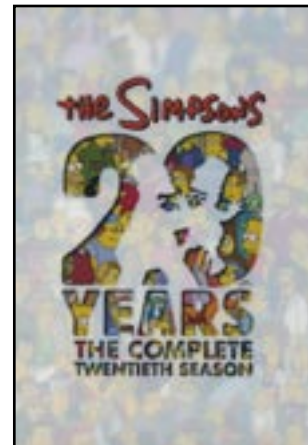
Just the words, "The envelope please," instantly evoke visions of Hollywood's most glamorous event, biggest stars and most-prestigious honor ... the ACADEMY AWARDS®. This incredible four-disc col-



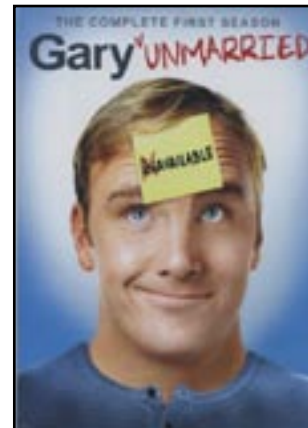
lection includes eight full-length films, all "Best Picture" nominees: *The Racket* (1928), *Alibi* (1929), *The Front Page* (1931), *A Farewell to Arms* (1932), *The Private Life of Henry VIII* (1933), *A Star is Born* (1937), *Pygmalion* (1938) and *Love Affair* (1939). Bonus Material includes original trailers from other "Best Picture"-nominated/winning films of the decade. Any true classic movie fan will be thrilled to own these contenders from the first decade of this legendary gala (1929-39). Not Rated - Warner Home Video. NOTE: Check out Diana Saenger's site [www.classicmovieguide.com](http://www.classicmovieguide.com) on February 28 for a contest to win this set.

## 'The Simpsons Complete Twentieth Season'

It was watched by 9.3 million people making it the most-watched Fox cartoon of the night. Now this very popular



cartoon can be revisited in the 4-disc DVD set. Simpson fans may never leave home again. Not Rated - 20th Century Fox Home Entertainment.



## 'Gary Unmarried The Complete First Season'

Funnyman Jay Mohr delivers the laughs in this award-winning hit comedy. Newly single dad Gary Brooks is an uncomplicated guy trying to

find his way in an increasingly complicated world. Gary's doing the best he can to raise his two kids with ex-wife Allison while beginning to stick his toe back into the dating pool. The 3-Disc collection is packed with never-before-seen bonus features.. Rated "TV14" - ABC Studios Home Entertainment.



## 'Colors Are Fun'

A colorful adventure awaits kids as they join their favorite preschool friends in these exciting adventures. Come along with Barney and find out how bright the sunshine is when colors dance in the air, Bob the Builder discovers rich cave paintings, and Thomas as he collects colorful items for a magic show. These adventures will show you the true colors of friendship and fun. Not Rated - Lionsgate Home Entertainment. Saenger Syndicate

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## — AT THE MOVIES —

# 'North Face' is a vicarious thrill

by Jean Lowerison

The Nazis planned to use the 1936 Berlin Olympics as a marketing device to demonstrate their superiority. As part of that effort, Nazi bigwigs wanted a German team to be the first to scale the Eiger North Face or Nordwand. Nicknamed Mordwand, (murder wall), the North

Face is an 1800-meter wall of stone and ice in the Swiss Alps that has claimed at least 64 climbers' lives since 1935.

Bavarian Luise Fellner (Johanna Wakelek), working at a newspaper in Berlin, just happened to know two people who might try it: ex-boyfriend Toni Kurz (Benno Fühmann) and Andi Hinterstoisser (Florian

Lukas), both daredevil climbers. *North Face* is the fictionalized story of that attempt.

Several teams started, but only four climbers - Toni and Andi and two Austrians named Willy Angerer and Edi Rainer (Georg Friedrich) - turned out to be serious contenders. The Austrians followed the Germans' path; they ended



Benno Fühmann, Florian Lukas and Georg Friedrich star in *North Face*. Photo Credit: Music Box Films

up joining forces when falling rock injured Angerer (Simon Schwarz) enough that the group turned back before reaching the summit in order to save his life.

What is almost more remarkable than the story (after all, as a fellow critic pointed out, there's seldom a question about the outcome of a mountain climbing film) is that Director Philipp Stölzl managed to get it made at all, given the vagaries of weather at that altitude in that place.

But somehow he did (though Stölzl reports the weather was

uncooperative), and he and cinematographer Kolya Brandt give us an authentic-looking film with fine acting all around.

People who have what I call the danger gene have always fascinated me. I'll never understand what would possess someone to risk life and limb walking a tightrope between the World Trade Center's twin towers (as Philippe Petit did in 1974), or careen down a snowy course on his back in the Olympic luge competition, or defy death climbing a mountain peak. But I do love stories about such folks, and

*North Face* will give you that vicarious thrill.

*North Face* opens Friday, February 26 at the La Jolla Village Cinemas for one week only.

## REEL FACTS

**North Face**  
**Studio:** Music Box Films  
**Gazette Rating:** B+  
**MPAA:** "Not Rated"  
**Who Should Go:** fans of sports and adventure movies.

## — ON STAGE —

### Cygnnet Theatre Company's upcoming season

by Diana Saenger

Cygnnet Theatre Company's Artistic Director Sean Murray and Executive Director Bill Schmidt has just announced the 2010/2011 line-up to be performed on Cygnnet's Old Town Stage. Cygnnet's eighth season officially begins July 28, 2010.

The season begins with Alan Ayckbourn's trilogy *The Norman Conquests* - a hilarious and often touching look at the lives of six family members, over one weekend, in a home in the English countryside. All three of the plays - including *Table Manners*, *Round and Round the Garden* and *Living Together* - revolve around Norman, a charming assistant librarian, and the women in his life. Each play can be enjoyed entirely on its own. Directed by Artistic Director Sean Murray and Associate Artistic Director Francis Gercke, *The Norman Conquests* will run in

rotating rep with the same six actors July 28 - Nov. 2.

For the holiday season, Cygnnet is very happy to reintroduce San Diego to the fifth annual production of *It's A Wonderful Life: A Live Radio Play*, adapted by Joe Landry. Each year, Cygnnet audiences delight in this new-found wintertime tradition. Tom Andrew will return with his San Diego Critics Circle Award winning performance as George Bailey, and the brilliant Scott Paulson will reign over Bedford Falls with his live, old-fashioned Foley sound effects 'orchestra'. *It's a Wonderful Life* runs Nov. 26 - Dec. 31.

Cygnnet begins 2011 with the world premiere of *The Commons* by Stephen Metcalfe (screenplay *Pretty Woman*). The powerful story focuses on a retired La Jolla school teacher, his wife and the threatening of their beloved home. *The Commons* stages Jan. 20 - Feb. 20, 2011.

Spring time will greet Cygnnet patrons with *Cabaret!* Set in the tumultuous city of Berlin, just before Hitler's rise to power, *Cabaret* introduces the interlocking stories of cabaret singer, Sally Bowles; the American writer, Cliff who takes her in and the other local denizens of a quickly changing society. Murray directs the dark, daring and provocative musical that won eight Tony Awards. *Cabaret* plays March 17 - May 15, 2011.

Cygnnet Theatre closes its season with Thornton Wilder's *Our Town*. The Pulitzer Prize-winning play stunned its audience when it was first presented for its audacious, almost avant garde simplicity. Director Sean Murray, picks up from there and brings a contemporary sensibility to the staging of one of the most beautiful and moving plays ever written that explores the essence of life and living. *Our Town* will run June 9 - July 10, 2011.

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— AT THE MOVIES —

# 'Shutter Island' – good directing, so-so story



Ben Kingsley, Mark Ruffalo and Leonardo DiCaprio star in *Shutter Island*. Photo credit: Andrew Cooper / Paramount Pictures

Review by Michael Black

**M**artin Scorsese is no doubt a brilliant director with an impressive 15 Oscars in various categories including one for himself as Best Director in

2007 for *The Departed*. His list of remarkable films include *Raging Bull*, *Taxi Driver*, and *Goodfellas*. Those films are considered exceptional because of excellent directing, acting and storyline. *Shutter Island*, based on the novel

by the same name by Dennis Lehane, has two of these three ingredients. A lot of Scorsese' films center on the mental stability of its main characters and his/her constant internal conflicts they must deal with.

In *Shutter Island*, Scorsese hires his recent preferred actor, Leonardo DiCaprio, to play the lead role as U.S. Marshal Teddy Daniels. He's handpicked to lead an investigation into the disappearance of a psychiatric inmate on the isolated Shut-

ter Island in Massachusetts. Accompanying Daniels is his rookie partner Chuck (Mark Ruffalo), and together they try to unravel several mysteries about the island and its people.

I personally do not like films that intentionally mislead viewers of what the film is all about and what's real and what's not. The music score when the marshals arrive at the front gate is way overdone in suggesting something is not right on this

island. Scorsese usually uses violence to invoke an emotional response and this time involves the images of dead children and the Nazi death camps. This is visually seen many times in the film and seeing dead children is never a good thing in my opinion.

A strong point of the film is the excellent cast. This includes Ben Kingsley as the hospital's chief psychiatrist, Dr. John Cawley; Max von Sydow as Dr. Jeremiah Naehring, one of the hospital's top physicians; Jackie Earle Haley as mutilated patient George Noyce and Emily Mortimer as the escaped patient Rachel Solando # 1 and Patricia Clarkson as Rachel # 2. Each of their performances is fantastic, but the overall storyline is a bit confusing since the viewer is not told what's really happening until the end.

Most Scorsese fans will appreciate this film for its visuals and high caliber acting, but for those who are more interested in just watching a film then trying to figure out what's going on, *Shutter Island* is not the movie to see.

## B-17 ...



The grinning begins. Dave Stall sitting behind pilots during take off. Photo by Debbie Norman

**Continued from page 4**  
bers. Passengers can become a Liberty Foundation Member for \$40 and receive the member discount for family and friends. While \$430 per person sounds expensive, it must be put into perspective when compared to a B-17's operating cost. A Flying Fortress cost over \$4,500 per flight hour and the Liberty Foundation spends over \$1,000,000 annually to

keep the Liberty Belle airworthy and out on tour.

The Liberty Foundation is a 501(c)(3) non-profit flying museum and funds generated merely help offset these high cost. Only the public's interest and other generous donations keep the Liberty Belle flying and from being silenced permanently in a museum for years to come.

REEL FACTS

**Shutter Island**  
Studio: Paramount Pictures  
Gazette Grade: C-  
MPAA: "R" for disturbing violent content, language and some nudity.  
Who Should Go: Scorsese Fans

East County's  
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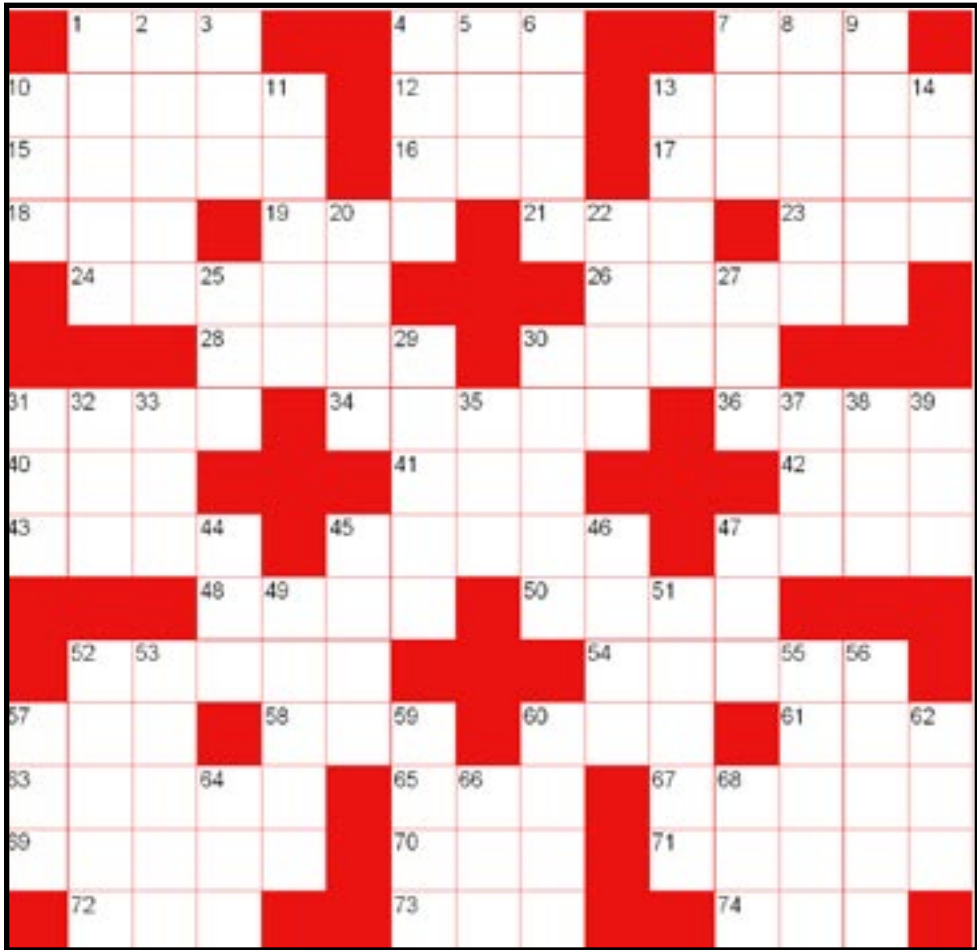
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Eggplant Parmigiana ... \$10.95  
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**Friday:**  
Tortellini (chicken, cheese or spinach) ..... \$8.85  
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**Sunday:**  
Lasagna ..... \$10.45

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Puzzles & Comics



CROSSWORD PUZZLE

- 19 United States of America

21 Lodge

23 Panama

24 Match

26 Humorous

28 Middle East dweller

30 What children learn

31 Flowing

34 Old tv show

36 Pennsylvania (abbr.)

40 Electroencephalograph (abbr.)

41 Make lace

42 Luau dish

43 Danish physicist

45 Ditto (2 wds.)

47 Duke

48 Wicked

50 Move through the water

52 Humped animal
- 54 Burst outward

57 Vast

58 Sickly

60 Flurry

61 Is

63 Beautify

65 Roman three

67 Having to do with the navy

69 Group

70 Goof

71 Fleck

72 Seed bread

73 Air

74 Before, poetically
- 20 Parch

22 Northwest by north

25 Instrument

27 Cooking measurement

29 Pepper plant

30 Cars

31 Second month (abbr.)

32 Constellation

33 Expression

35 Gnawer

37 Environmental protection agency (abbr)

38 Neither's partner

39 Zilch

44 Radioactivity unit

45 Make flower

46 Outstanding

47 Flightless bird

49 Blood carriers

51 Wrinkle removers

52 Apple drink

53 Pain

55 One who paves

56 Track

57 Pouch

59 Fish stories

60 Ethereal

62 Deer relative

64 Fear

66 Make angry

68 Imitate

Down

- 1 Stems of letters
- 2 Swamp
- 3 Vane direction
- 4 Second letter of the greek alphabet
- 5 School group
- 6 Christ's gift bringer
- 7 Wok
- 8 Notice
- 9 Adornment
- 10 Not JFK
- 11 Not as false
- 13 Terrify
- 14 Toddler

SOLUTIONS



- Across

1 South by east

4 Tempo
- 7 Pressure unit

10 Banquet

12 Airport abbr.

13 Depict
- 15 Washer's partner

16 Chase

17 \_\_ Saxon

18 Rio de Janeiro

\$

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OUTZKIRTS

By: David & Doreen Dotson

HOW CUTE! RUSTY WANTS TO PLAY FETCH WITH YOOOU.

HAI

I THREW THAT BALL FOR HIM YESTERDAY!

SO I'M A PROCRASTINATOR.

Moose Lake

Why do you have a wood duck?

Well...I was tossing firewood into the back of my truck when he flew right into the path of a log. It hit him right in the head! He's a little dazed but I think he will be just fine.

I hope you learned a valuable lesson from this mishap.

I sure did. A wood duck can't duck wood!



We're watching competitions every...

...day on television and learning about the sports!

# Newspaper Fun!

www.readingclubfun.com

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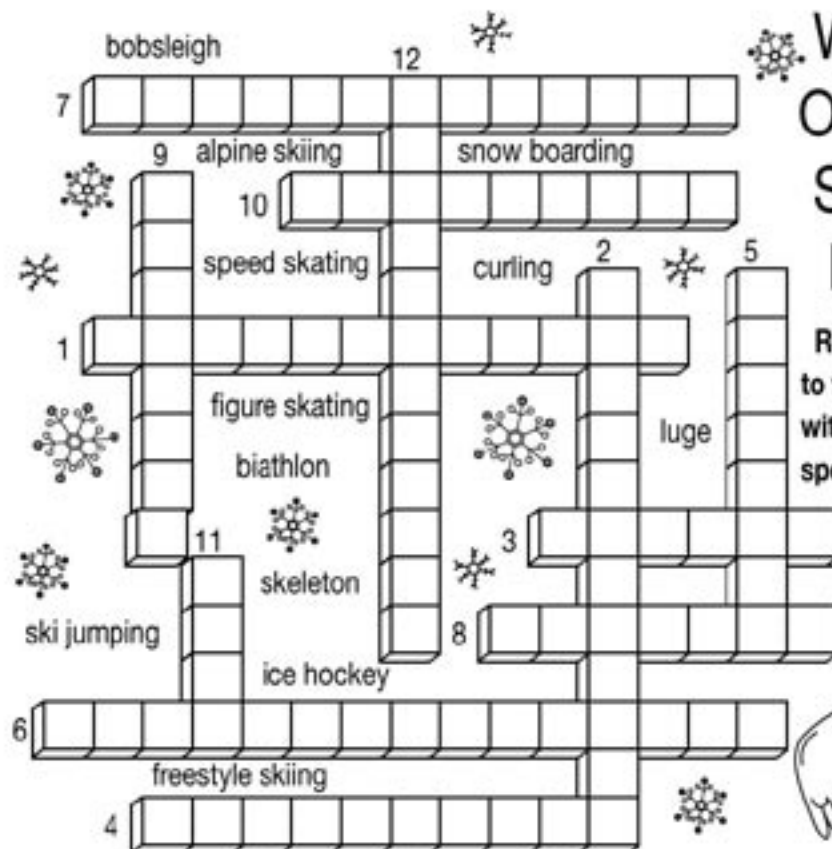
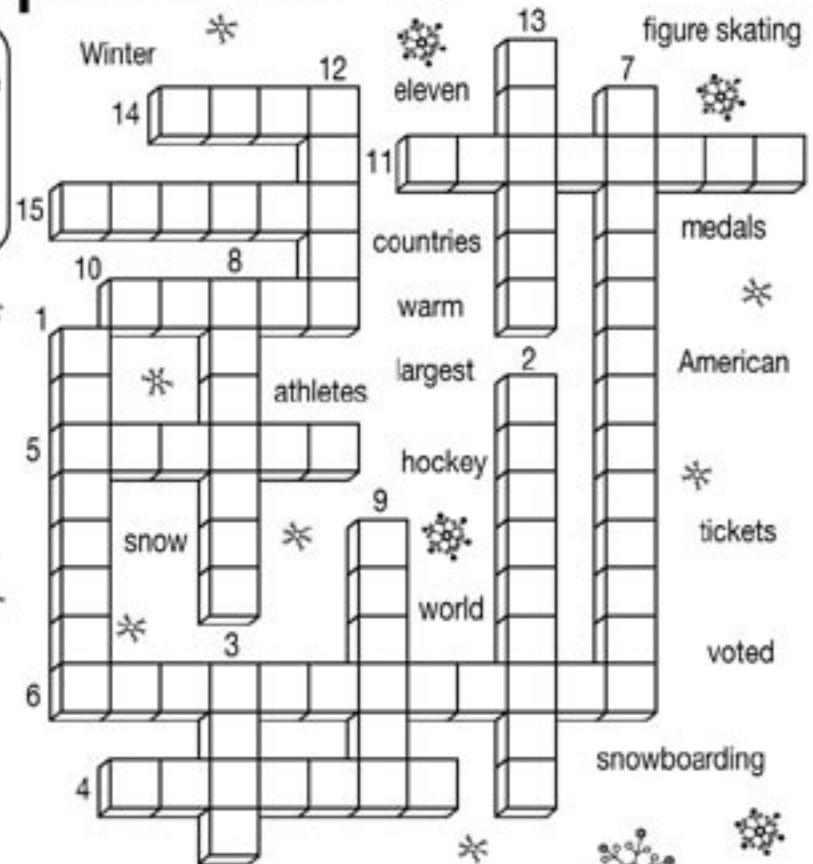


## Winter Olympics 2010

Sports and Competitions

I love the Winter Olympic Games! Skating, skiing and snowboarding are some of my favorite cold season sports. Watching people from all over the world compete in the Games is such a thrill. What do you know about the Winter Olympics? **Do this puzzle to find out!**

1. About 5,500 \_\_\_\_\_ are competing.
2. They come from more than 80 \_\_\_\_\_.
3. 2010 is the first year that athletes from largely \_\_\_\_\_ countries of Ghana, the Bahamas, Pakistan and Peru are competing in the Winter Olympics.
4. The United States has sent 216 athletes to the Games. It is one of the \_\_\_\_\_ groups.
5. Canada's most popular sport is \_\_\_\_\_, so Canadians are sure to tune into these games!
6. \_\_\_\_\_ has been an Olympic sport since 1998 and the United States has won more medals in it than any other country.
7. This sport is beloved all over the world and will be the most widely viewed (2 words).
8. There are 1.6 million \_\_\_\_\_ being sold to watch the competitions.
9. The Royal Canadian Mint has made 615 \_\_\_\_\_ for the Games!  
The last Olympic gold medal made out of solid gold was given in 1912.
10. The International Olympic Committee \_\_\_\_\_ to include a new event called "Snowboard Cross" into the 2006 Games.
11. Speed skater Bonnie Blair held the \_\_\_\_\_ record for the most Winter Olympics medals (6 medals) before 2010.
12. Cross-country Norwegian skier Bjorn Daehlie holds 12 medals, the \_\_\_\_\_ record for the most medals won.
13. The youngest athlete ever to compete in the Winter Olympics was Cecilia Colledge, a figure skater (for Britain in 1932) at \_\_\_\_\_ years of age.
14. The weather in Vancouver has been so warm that they have trucked in \_\_\_\_\_ for the outside events in the lower areas.
15. In 2014, the \_\_\_\_\_ Olympics will take place in Sochi, Russia.



### Which Olympic Sport Is It?

Read the clues to fill in the puzzle with the Olympic sports!

1. done in the Alps in Europe for many years; Olympic sport since 1936, includes the downhill event, which is the longest with highest speeds, and the slalom, which has the shortest course with the quickest turns
2. newest winter event, very popular with youth in the U.S.
3. partly enclosed vehicle on steerable blades racing on iced tracks
4. average "flight time" is less than 30 seconds
5. combination sport of cross-country skiing and rifle shooting, skills first used by hunters and soldiers
6. started as a mix of skiing and acrobatics
7. most popular winter Olympic sport worldwide
8. went on a 52-year break before returning in 1992, a lot like shuffleboard
9. Olympic-style toboggan: steering and speed important
10. most popular sport of the host country, Canada
11. one of the fastest Olympic sports; athletes go up to 100 miles per hour
12. the U.S. almost didn't have a team this year due to lack of funding, but thanks to donations they are competing in 2010



5th

Check out our **5th Anniversary** extra puzzles this week: **Winter Olympic Sports** and **February Phrases**. They are ready for you to print out:

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# LEGAL NOTICES

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## CITY OF EL CAJON

**NOTICE INVITING SEALED BIDS  
PUBLIC PROJECT: PRESCOTT  
PROMENADE IMPROVEMENTS 2010  
ENGINEERING JOB NO. 3293  
BID NO. 020-10**

**BIDS MUST BE RECEIVED BEFORE:  
2:00 p.m. on March 12, 2010**

**BIDS TO BE OPENED AT:  
2:00 p.m. on March 12, 2010**

**PLACE OF RECEIPT OF BIDS:  
City Hall  
1st Floor, Lobby Counter  
200 Civic Center Way  
El Cajon, CA 92020**

NOTICE IS HEREBY GIVEN that the City of El Cajon, California will receive sealed bids before the time and date set forth above, for the above project. All bids shall be made on the forms furnished by the City and shall be opened and publicly read aloud at the above stated time and place of bid receipt identified above.

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) or obtained at the office of the Purchasing Agent for a fee of \$36.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A pre-bid conference will be held on **March 2, 2010 at 2:00 p.m.** at City Hall 5th Floor, Conference Room, located at 200 Civic Center Way, El Cajon. Particulars relative to work requirements will be discussed. City of El Cajon Personnel involved in this project will be present to answer pertinent inquiries. Interested contractors are invited, but not required to attend.

The general prevailing wage rate of per diem wages, as determined by the Director of Industrial Relations, are available from the DIR website at [www.dir.ca.gov/DLSR/PWD/index.htm](http://www.dir.ca.gov/DLSR/PWD/index.htm). Any successful bidder who intends to use a craft of classifications not shown on the general prevailing wage determinations may be required to pay the wage rate of the craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids.

All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10 percent of the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

A performance Bond and Labor and Material Bond, each in an amount equal to 100 percent of the contract price, shall be executed by the successful bidder within ten days after the Notice of Award of Contract has been mailed. Securities or bank or savings and loan certificates of deposit may be substituted for any moneys withheld to ensure performance of the contract, pursuant to Section 22300 of the California Public Contract Code.

The Contractor shall, upon award of a bid, provide the City with an executed non-collusion affidavit, and with such an affidavit executed by any subcontractor of subcontractors.

Bids shall be delivered to the Purchasing Agent at the 1st floor, Lobby Counter of City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, all bids will be publicly opened, examined and declared. The results of the bidding and the calculations

of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

The City Council reserves the right to reject any and all bids if it considers it necessary to do so for the public good, and it may reject the bid of any bidder who has been delinquent or unfaithful in any former contract with the City.

NOTE: No bid will be accepted from a Contractor who has not been licensed in accordance with the provisions of Division 3, Chapter 9, Section 7000 et. seq., of the Business and Professions Code.

/s/ Dede Porter  
Purchasing Agent  
February 18, 2010  
East County Gazette- GIE030790  
02/18, 02/25/10



Following is a summary of an Ordinance adopted at the Joint Meeting of the City Council/Redevelopment Agency of the City of El Cajon on February 23, 2010. Full text is available in the City Clerk's Office, 200 Civic Center Way, El Cajon, CA (619) 441-1763.

### ORDINANCE NO. 4939

**AN ORDINANCE REPEALING CHAPTER 16.60 OF TITLE 16 OF THE EL CAJON MUNICIPAL CODE AND ADDING A NEW CHAPTER 16.60 TO TITLE 16 OF THE EL CAJON MUNICIPAL CODE REGARDING THE CITY OF EL CAJON. STANDARD URBAN STORM WATER MITIGATION PLAN.**

On January 24, 2007, the San Diego Regional Water Quality Control Board adopted Order No. R9-2007-0001, which amended its Order No. 2001-01, regulating storm water discharges and pollutants in urban runoff in the city of El Cajon and throughout the County of San Diego, in accordance with its National Pollutant Discharge Elimination System (NPDES) Permit No. CAS0108758. Order No. R9-2007-0001 continues the mandate established by Order No. 2001-01 by requiring that the city of El Cajon adopt ordinances and regulations to prevent the discharge of pollutants from urban runoff into the rivers and bays within the County of San Diego, and into the Pacific Ocean. Part of Order No. R9-2007-0001 is the requirement that the various public agencies within the County, having jurisdiction over the control of storm waters that originate in and pass through each jurisdiction, have a consistent, multi-jurisdictional plan for mitigating the impact of storm waters that may ultimately reach rivers and bays, and the Pacific Ocean, in San Diego County.

This ordinance implements Order No. R9-2007-0001 in the city of El Cajon by amending and updating Chapter 16.60, adopting a standard urban storm water mitigation plan, consistent with the other jurisdictions in San Diego County, regulating the discharge of storm water and non-storm water into the city's storm water system at the time of development or redevelopment of land within the city. This ordinance updates and expands storm water requirements for new development and redevelopment within the city of El Cajon, which would otherwise lead to the discharge of pollution into the city's storm water system and, thereafter, into the rivers and bays in the county, and into the Pacific Ocean.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at an Adjourned Regular Joint City Council/Redevelopment Agency Meeting held this 23<sup>rd</sup> day of February 2010, by the following vote to wit:

AYES: Lewis, Hanson-Cox, Kendrick, McClellan, Wells  
NOES: None  
ABSENT: None  
DISQUALIFY: None

### MARK LEWIS

Mayor of the City of El Cajon.

ATTEST:  
KATHIE RUTLEDGE, CMC

City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4939

of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 23rd day of February 2010.

/s/ Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790  
02/25/10



### ORDINANCE NO. 4940

**AN ORDINANCE APPROVING AMENDMENT OF SPECIFIC PLAN NO. 182 TO EXPAND ITS BOUNDARIES AND MODIFY ITS DEVELOPMENT STANDARDS.**

WHEREAS, on November 17, 2009, the City Council initiated Amendment of Specific Plan No. 182, to expand its boundaries to include Assessor's parcel numbers 487-180-09, 487-180-10, 487-180-11, 487-180-12, and 487-180-13, and modify its development standards to allow additional flexibility in building height, lot coverage and building setback (yard) requirements, subject to the granting of a conditional use permit; and

WHEREAS, the Planning Commission held a hearing on this item at its **January 25, 2010** meeting and thereafter submitted its recommendation to the City Council in Planning Commission Resolution No. 10596, recommending City Council approval of the proposed amendments to Specific Plan No. 182 ("SP 182"); and

WHEREAS, the City Council held a public hearing on this matter at its **February 9, 2010** meeting; and

WHEREAS, the City Council adopted a Negative Declaration prepared for the proposed project at its February 9, 2010 meeting and has reviewed and considered the information contained therein prior to taking action on this specific plan amendment application.

The City Council of the City of El Cajon does ordain as follows:

**SECTION 1.** Based on the record as a whole, the City Council finds:

A. The proposed amendments to SP 182 are in the public interest because they will assist in the revitalization of the Downtown Redevelopment Area as a mixed-use urban village. Linda Way is part of the City's downtown area. Amending the boundaries of SP 182 to allow these properties access to SP 182 development standards and allowing more flexibility in the SP 182 development standards through approval of a conditional use permit is in the public interest because it will facilitate a more urban form of mixed-use development on these properties than is available under the present regulations governing development on these properties, while allowing City decision makers to evaluate each project and the exceptions requested on a case-by-case basis.

B. The proposed specific plan amendments will not have a significant negative impact on the environment.

**SECTION 2:** The boundaries of land governed by SP 182 are hereby expanded to include five parcels on the north side of Linda Way (APN: 487-180-09, 487-180-10, 487-180-11, 487-180-12, and 487-180-13) as shown on the revised map of Specific Plan 182 attached hereto as Exhibit "A" and incorporated herein by this reference as if set forth in full herein

**SECTION 3:** SP 182 is hereby amended to read as more fully set forth in the Amendment of Specific Plan 182, attached hereto as Exhibit "B" and incorporated herein by this reference as if set forth in full herein.

**SECTION 4:** After the effective date of

this ordinance all new uses, and all new or remodeled buildings, structures, or other improvements, located in Special Development Area No. 9, and portions of Special Development Area No. 10, shall be in conformance with, and in accordance with, SP 182, and each and every attachment and exhibit included therein, as amended herein.

**SECTION 5:** This ordinance shall be effective thirty days following its passage and adoption.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at an Adjourned Regular Joint City Council/Redevelopment Agency Meeting held this 23<sup>rd</sup> day of February 2010, by the following vote to wit:

AYES: Lewis, Hanson-Cox, Kendrick, McClellan, Wells  
NOES: None  
ABSENT: None  
DISQUALIFY: None

### MARK LEWIS

Mayor of the City of El Cajon.

ATTEST:  
KATHIE RUTLEDGE, CMC  
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4940 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 23<sup>rd</sup> day of February 2010.

/s/ Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790  
02/25/10



### ORDINANCE NO. 4941

**AN ORDINANCE REZONING ASSESSOR'S PARCEL NUMBERS 487-180-09, 487-180-10, 487-180-11, 487-180-12, 487-180-13, 487-191-14 AND 487-191-15 TO R-5, MULTI-FAMILY, HIGH DENSITY, HIGH RISE ZONE (ZONING RECLASSIFICATION NO. 2301)**

WHEREAS, the City Council held a public hearing on February 9, 2010 to consider City-initiated Zoning Reclassification Application No. 2301 to rezone Assessor's Parcel Nos. 487-180-09, 487-180-10, 487-180-11, 487-180-12 and 487-180-13 located on the north side of Linda Way east of Chambers Street from R-1-6, Residential One-Family, 6,000 Sq. Ft. Zone to R-5, Multiple-Family, High Density, High Rise Zone and to rezone Assessor's Parcel Nos. 487-191-14 and 487-191-15 located on the south side of Linda Way, east of Chambers Street from R-3, Multiple Family Zone to R-5, Multiple-Family, High Density, High Rise Zone; and

WHEREAS, the El Cajon Planning Commission adopted Resolution No. 10595, recommending to the City Council that the subject seven parcels be rezoned to R-5, Multiple-Family, High Density, High Rise Zone; and

WHEREAS, the City Council adopted a Negative Declaration prepared for the proposed project at its February 9, 2010 meeting and has reviewed and considered the information contained therein prior to taking action on this zoning reclassification application.

The City Council of the City of El Cajon does ordain as follows:

**SECTION 1.** Based on the record as a whole, the City Council finds:

A. The proposed R-5, Multiple-Family, High Density, High Rise Zone is consistent with the High Density Residential General Plan land use designation governing development on the subject seven properties.

B. Rezoning the five properties to R-5 at this time is in the public necessity and convenience and general welfare because it removes a governmental constraint to development of the properties in a manner intended by the land use element of the General Plan.

C. The various land uses allowed within the R-5 Zone are compatible with the objectives, policies, general land uses, and programs specified in the general plan, including General Plan Policy 5-2.4, which states: "The City will implement the Downtown Specific Plan and facilitate the development of higher density housing in and around downtown."

D. The zone reclassification will not reduce the number of sites identified in the Housing Element to a level less than capable of accommodating the City's share of the regional housing need pursuant to California Government Code Section 65584, rather the proposed zoning reclassification will facilitate higher density development in close proximity to existing services.

E. The proposed zoning reclassification will not have a significant negative impact on the environment.

**SECTION 2.** The City Council hereby REZONES Assessor's Parcel Nos. 487-180-09, 487-180-10, 487-180-11, 487-180-12, 487-180-13, 487-191-14 and 487-191-15 to R-5, Multiple-Family, High Density, High Rise Zone, as shown on Exhibit "A" attached hereto and incorporated herein by reference.

**SECTION 3.** This ordinance shall become effective thirty (30) days following its passage and adoption.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at an Adjourned Regular Joint City Council/Redevelopment Agency Meeting held this 23<sup>rd</sup> day of February 2010, by the following vote to wit:

AYES: Lewis, Hanson-Cox, Kendrick, McClellan, Wells  
NOES: None  
ABSENT: None  
DISQUALIFY: None

### MARK LEWIS

Mayor of the City of El Cajon.

ATTEST:  
KATHIE RUTLEDGE, CMC  
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4941 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 23<sup>rd</sup> day of February 2010.

/s/ Kathie Rutledge, CMC, City Clerk

(Exhibit "A" is on file in the City Clerk's office (619) 441-1763)

East County Gazette- GIE030790  
02/25/10

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004599

FICTITIOUS BUSINESS NAME(S): Sedra Jewelry  
Located at: 528a E. Main St., El Cajon, CA 92020

This business is conducted by: An Individual  
The business has not yet started.

This business is hereby registered by the following: 1. Mahin Naief 845 Friendly Circle, El Cajon, CA 92021

This statement was filed with Recorder/ County Clerk of San Diego County on February 18, 2010.

East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010



## NOTICE OF PUBLIC HEARING

The El Cajon City Planning Commission will hold a public hearing at **7:00 p.m., Monday, March 8, 2010** in Council Chambers, 200 Civic Center Way, El Cajon, CA, for the following items:

**AMENDMENT OF SPECIFIC PLAN NO. 106**, as submitted by Eddie Hamana, requesting to convert existing retail/office space into 10 age-restricted (senior) apartments. The subject property is located on the west side of North Mollison Avenue between Interstate 8 and East Madison Avenue, and is addressed 596 North Mollison Avenue.

**SPECIFIC PLAN NO. 519**, as submitted by Gabriel F. Marujo, requesting interconnecting access between structures on adjacent properties in lieu of a lot consolidation. The subject properties are located on the north side of East Main Street between North Magnolia Avenue and Sulzfeld Way and are addressed 176 and 182 East Main Street.

The City of El Cajon is endeavoring to be in total compliance with the Americans With Disabilities Act. If you require assistance or auxiliary aids in order to participate at the Planning Commission meeting, please contact the Planning Division at (619) 441-1741 as far in advance of the meetings as possible.

In case of a court challenge, you may be limited to those issues raised at the public hearing, or in written correspondence to the Commission, described in this notice.

**Due to construction of the City of El Cajon's Public Safety Center, parking for Council Chambers is available on Lot #2, which is on the north side of Rea Avenue.**

Melissa AYRES, A.I.C.P.  
Director of Community Development

DATE: February 22, 2010

City of El Cajon  
Planning Division  
Fax: (619) 441-1743  
Ph: (619) 441-1741

East County Gazette- GIE030790  
02/25/10

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004299

FICTITIOUS BUSINESS NAME(S): San Diego Properties Group  
Located at: 2304 Wind River Rd., El Cajon, CA 92019

This business is conducted by: An Individual  
The business has not yet started.

This business is hereby registered by the following: 1. Susan Jeanne Botticelli 2304 Wind River Rd., El Cajon, CA 92019  
This statement was filed with Recorder/ County Clerk of San Diego County on February 16, 2010.

East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002736

FICTITIOUS BUSINESS NAME(S): San Diego Autoglass  
Located at: 10007 Nuerto Lane, Spring Valley, CA 91977

This business is conducted by: An Individual  
The first day of business was: February 1, 2010

This business is hereby registered by the following: 1. Keith Ritchason 10007 Nuerto Lane, Spring Valley, CA 91977  
This statement was filed with Recorder/ County Clerk of San Diego County on February 01, 2010.

East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010



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Following is a summary of an Ordinance introduced at the Joint Meeting of the City Council/Redevelopment Agency of the City of El Cajon on February 23, 2010. Full text is available in the City Clerk's Office, 200 Civic Center Way, El Cajon, CA, (619) 441-1763.

ORDINANCE NO. \_\_\_\_

**AN ORDINANCE AMENDING TITLE 17 OF THE EL CAJON MUNICIPAL CODE TO ADD SECTION 17.64.253 AND CHAPTER 17.94 PERTAINING TO WATER EFFICIENT LANDSCAPING – ZONING ORDINANCE AMENDMENT NO. 415.**

In 2006, the California State Assembly passed Assembly Bill (AB) 1881, known as the Water Conservation in Landscaping Act. This act required the California Department of Water Resources (DWR) to draft a model water efficient landscape ordinance for local agencies to adopt. AB 1881 further requires local governments in California to adopt the State's ordinance no later than January 1, 2010, or to adopt their own ordinances that are "at least as effective in conserving water as the [state's] updated model ordinance." According to AB 1881, if a local agency does not adopt its own ordinance, then the State's ordinance becomes the local agency's ordinance by default.

This local ordinance is intended to satisfy the requirements of AB 1881. It establishes regulations requiring new and rehabilitated landscape projects to be designed, installed, operated, and maintained to conserve water. Like the model ordinance created by the DWR, this local ordinance requires the establishment of water budgets and creates a new permit process for new and rehabilitated landscape projects that are required in association with development entitlements and building permits.

East County Gazette- GIE030790  
02/25/10



**NOTICE OF JOINT PUBLIC HEARING DISPOSITION AND DEVELOPMENT AGREEMENT (DDA) BETWEEN EL CAJON REDEVELOPMENT AGENCY AND THE CHAMBERS SENIOR RESIDENCE, L.P.**

On March 9, 2010, at 7:00 p.m., or soon thereafter as the matter may be heard, in the City Council Chambers, El Cajon City Hall, located at 200 Civic Center Way, El Cajon, California. The City Council of the City of El Cajon and the El Cajon Redevelopment Agency ("Agency") will hold a public hearing to consider a proposed Disposition and Development Agreement ("DDA") by and between the Agency and the Chambers Senior Residence, L.P. The proposed DDA and a Summary Report prepared pursuant to California Health and Safety Code Section 33433 are available for public inspection at the City Clerk's Office, at the above address, during office hours (8:00 a.m. to 5:00 p.m., Monday through Friday). Further information concerning this matter may also be obtained by contacting David Cooksy, Director of Redevelopment and Housing, at (619) 441-1710. If you challenge the DDA in court, you may be limited to raising only those issues which you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council and the Agency prior to the public hearing.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you are a non-English speaking resident or citizen with speech, or hearing impaired and wish to review the documents or comment at the Public Hearing or require any other form of assistance or auxiliary aids in order to participate at Public Hearings, please contact the City Clerk's Office at (619) 441-1763, as far in advance of the meeting as possible.

East County Gazette- GIE030790  
02/25, 03/04/10

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**

**CASE NO.37-2010-00050942-CU-PT-NC**  
IN THE MATTER OF THE APPLICATION OF: DOMINIQUE BOLTON AND JEFF BOLTON ON BEHALF OF MINOR JULIANA LYLA BOLTON FOR CHANGE OF NAME  
PETITIONER: DOMINIQUE BOLTON AND JEFF BOLTON ON BEHALF OF MINOR JULIANA LYLA BOLTON HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
JULIANA LYLA BOLTON  
TO: LYLA JOY BOLTON

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, NORTH COUNTY DIVISION 325 S. Melrose, Vista, CA 92081. Department 3, on MARCH 23, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON FEBRUARY 3, 2010.

East County Gazette – GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002787**

FICTITIOUS BUSINESS NAME(S): Holley Equipment co.  
Located at: 1225 No 2<sup>nd</sup> St., El Cajon, CA 92021  
This business is conducted by: An Individual  
The first day of business was: February 1, 1980  
This business is hereby registered by the following: Leon F. Lukavsky 1561 Fair Glen Rd., El Cajon, CA 92019  
This statement was filed with Recorder/ County Clerk of San Diego County on February 1, 2010.  
East County Gazette- GIE030790  
2/04, 2/11, 2/18, 2/25, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002627**

FICTITIOUS BUSINESS NAME(S): Bob's Big Boy  
Located at: 937 Parkway Plaza, El Cajon, CA 92020  
This business is conducted by: A Limited Liability Company  
The first day of business was: December 17, 2009  
This business is hereby registered by the following: 1. El Cajon Operating 31742 Los Rios Street, San Juan Capistrano, CA 92675  
El Cajon Operating, California  
This statement was filed with Recorder/ County Clerk of San Diego County on January 29, 2010.  
East County Gazette- GIE030790  
2/18, 2/25, 3/04, 3/11, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003946**

FICTITIOUS BUSINESS NAME(S): LoyalPetLoss.com  
Located at: 122 So. Stephanie Lane, El Cajon, CA 92019  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Georgette Weitz 122 So. Stephanie Lane, El Cajon, CA 92019; 2. Darrell Weitz 122 So. Stephanie Lane, El Cajon, CA 92019  
This statement was filed with Recorder/ County Clerk of San Diego County on February 10, 2010.  
East County Gazette- GIE030790  
2/18, 2/25, 3/04, 3/11, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002215**

FICTITIOUS BUSINESS NAME(S): Bread of Life Ministry of San Diego, Inc.  
Located at: 7868 Mission Vista Dr., San Diego, CA 92120  
This business is conducted by: A Corporation  
The first day of business was: November 11, 2004  
This business is hereby registered by the following: Bread of Life Ministry of San Diego, Inc. 267 Sunnybrook Lane, El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on January 26, 2010  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002773**

FICTITIOUS BUSINESS NAME(S): Trotter Door and Trim, Inc.  
Located at: 8186 Commercial Street, La Mesa, CA 91942  
This business is conducted by: A Corporation  
The first day of business was: January 4, 2010  
This business is hereby registered by the following: Trotter Door and Trim, Inc. 8186 Commercial Street, La Mesa, CA 91942  
This statement was filed with Recorder/ County Clerk of San Diego County on February 1, 2010.  
East County Gazette- GIE030790  
2/04, 2/11, 2/18, 2/25, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003000**

FICTITIOUS BUSINESS NAME(S): Route 94 Vehicle Registration Service  
Located at: 12868 Hwy 94, Spring Valley, CA 91978  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Ardelle J. Stewart 8687 Lemon Ave. #7, La Mesa, CA 91941  
This statement was filed with Recorder/ County Clerk of San Diego County on February 2, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002210**

FICTITIOUS BUSINESS NAME(S): Classic Cheesecake Company  
Located at: 7868 Mission Vista Dr., San Diego, CA 92120  
This business is conducted by: An Individual  
The first day of business was: March 19, 2009  
This business is hereby registered by the following: Steven Snyder 7868 Mission Vista Dr., San Diego, CA 92120  
This statement was filed with Recorder/ County Clerk of San Diego County on January 26, 2010  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001322**

FICTITIOUS BUSINESS NAME(S): Boosted Green Energys  
Located at: 6449 Dehesa Rd., El Cajon, CA 92019  
This business is conducted by: A General Partnership  
The business has not yet started.  
This business is hereby registered by the following: Donna Anhalt 6449 Dehesa Rd., El Cajon, CA 92019; Eva Parry 249 South Highway 101 #220, Solana Beach, CA 92075  
This statement was filed with Recorder/ County Clerk of San Diego County on January 15, 2010.  
East County Gazette- GIE030790  
2/04, 2/11, 2/18, 2/25, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004082**

FICTITIOUS BUSINESS NAME(S): Just Right Termite  
Located at: 9273 Wister Drive, La Mesa, CA 91941  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Bradley Vanderburgh 9273 Wister Dr., La Mesa, CA 91941  
This statement was filed with Recorder/ County Clerk of San Diego County on February 11, 2010.  
East County Gazette- GIE030790  
2/18, 2/25, 3/04, 3/11, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002222**

FICTITIOUS BUSINESS NAME(S): Elite Car Sales, LLC  
Located at: 6920 Miramar Rd., San Diego, CA 92121  
This business is conducted by: A Limited Liability Company  
The business has not yet started.  
This business is hereby registered by the following: Elite Car Sales, LLC 38865 Cherry Point Ln., Murrieta, CA 92563  
This statement was filed with Recorder/ County Clerk of San Diego County on January 26, 2010.  
East County Gazette- GIE030790  
2/18, 2/25, 3/04, 3/11, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003106**

FICTITIOUS BUSINESS NAME(S): San Diego Custom Iron  
Located at: 8733 Magnolia Ave. #134, Santee, CA 92071  
This business is conducted by: An Individual  
The first day of business was: February 2, 2010  
This business is hereby registered by the following: 1. Luis Lazalde 4232 Lois St., La Mesa, CA 91941  
This statement was filed with Recorder/ County Clerk of San Diego County on February 03, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-000606**

FICTITIOUS BUSINESS NAME(S): Savan Realty and Lending  
Located at: 8753 Broadway Ste. E, La Mesa, CA 91941  
This business is conducted by: An Individual  
The first day of business was: June 30, 2008  
This business is hereby registered by the following: 1. Thipsavanh Soukthavone 4861 Jarrett Ct., San Diego, CA 92113  
This statement was filed with Recorder/ County Clerk of San Diego County on January 08, 2010.  
East County Gazette- GIE030790  
2/04, 2/11, 2/18, 2/25, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002576**

FICTITIOUS BUSINESS NAME(S): La Mesa Transcription  
Located at: 5590 Lake Park Way, La Mesa, CA 91942  
This business is conducted by: An Individual  
The first day of business was: January 1, 2010  
This business is hereby registered by the following: 1. Pamela Hall 5590 Lake Park Way, La Mesa, CA 91942  
This statement was filed with Recorder/ County Clerk of San Diego County on January 29, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003401**

FICTITIOUS BUSINESS NAME(S): MANTRAP  
Located at: 783 Arnelo, El Cajon, CA 92020  
This business is conducted by: An Individual  
The first day of business was: July 2, 2005  
This business is hereby registered by the following: 1. Yen-Thi-Mai 10817 El Nopal, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on February 05, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**

**CASE NO.37-2010-00065313-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: FLORANTE RIVERA AND ROWENA RIVERA ON BEHALF OF MINORS ANGELA MAE SAMSON AND CHANEL ROSS SAMSON FOR CHANGE OF NAME  
PETITIONER: FLORANTE RIVERA AND ROWENA RIVERA ON BEHALF OF MINORS ANGELAMAE SAMSON AND CHANEL ROSS SAMSON HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
ANGELA MAE SAMSON  
TO: ANGELA SAMSON RIVERA  
AND: CHANEL ROSS SAMSON  
TO: CHANEL SAMSON RIVERA

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 14, on MARCH 24, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JANUARY 27, 2010.

East County Gazette – GIE030790  
2/04, 2/11, 2/18, 2/25, 2010

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**

**CASE NO.37-2010-00065412-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: SHARIF ALAMI FOR CHANGE OF NAME  
PETITIONER: SHARIF ALAMI HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

SHARIF ALAMI  
TO: SHARIF MARTIN TOMASELLO  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 EAST MAIN ST., EL CAJON, CA 92020. Department 14, on MARCH 24, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON FEBRUARY 4, 2010.

East County Gazette – GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003003**

FICTITIOUS BUSINESS NAME(S): Simple Construct  
Located at: 2897 Helix St., Spring Valley, CA 91977  
This business is conducted by: Husband and Wife  
The first day of business was: April 1, 2009  
This business is hereby registered by the following: 1. Rebecca Taylor 2897 Helix St., Spring Valley, CA 91977; 2. Michael Long 2897 Helix St., Spring Valley, CA 91977  
This statement was filed with Recorder/ County Clerk of San Diego County on February 02, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

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— LEGAL NOTICES —

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-004350**  
FICTITIOUS BUSINESS NAME(S):  
Advanced A/C and Heating Contractor Co.  
Located at: 3980 Marine View Ave. Ste. A,  
San Diego, CA 92113  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Suren Chamian 3980 Marine  
View Ave. Ste. A, San Diego, CA 92113  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 16, 2010.  
East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-004486**  
FICTITIOUS BUSINESS NAME(S): Black  
Eagle Auto Detailing  
Located at: 8843 Winter Gardens Blvd.,  
Lakeside, CA 92040  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Alan Jezrawi 11601 Avenida  
Anacapa, El Cajon, CA 92019  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 17, 2010.  
East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-004296**  
FICTITIOUS BUSINESS NAME(S): G and  
G Glass  
Located at: 1002 Alveda Ave., El Cajon,  
CA 92019  
This business is conducted by: A General  
Partnership  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Davis Guevara 1002 Alveda  
Ave., El Cajon, CA 92019; 2. Ignacio Garcia  
1002 Alveda Ave., El Cajon, CA 92019  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 16, 2010.  
East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002042**  
FICTITIOUS BUSINESS NAME(S): East  
County Family Justice Center  
Located at: 131 Avocado Ave., El Cajon,  
CA 92020  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: Debra Comstock 874 Terra Lane,  
El Cajon, CA 92019  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 25, 2010.  
East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-003408**  
FICTITIOUS BUSINESS NAME(S): Hazard  
Mouth  
Located at: 7111 Waite Dr., La Mesa, CA  
91942  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: Stephen Helmer 7111 Waite Dr.,  
La Mesa, CA 91942  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 05, 2010.  
East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-004488**  
FICTITIOUS BUSINESS NAME(S): a.) Helix  
Postal b.) Helix Business Center  
Located at: 4618 Avocado Blvd., La Mesa,  
CA 91941  
This business is conducted by: A Limited  
Liability Company  
The business has not yet started.  
This business is hereby registered by the  
following: 1. BStock LLC 3722 Avenida  
Juhanna, La Mesa, CA 91941  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 17, 2010.  
East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

**TO PLACE YOUR  
LEGAL AD CALL  
(619) 444-5774**

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002577**  
FICTITIOUS BUSINESS NAME(S): Rebel  
Tattoo  
Located at: 10229 Ashwood St. #1,  
Lakeside, CA 92040  
This business is conducted by: Husband  
and Wife  
The business is not yet started.  
This business is hereby registered by the  
following: 1. Dwight Fregia 10229 Ashwood  
St. #1, Lakeside, CA 92040; 2. Pamela  
Fregia 10229 Ashwood St. #1, Lakeside,  
CA 92040  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 29, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-001420**  
FICTITIOUS BUSINESS NAME(S): Summit  
Ridge Professional Development  
Located at: 6885 Summit Ridge Way, San  
Diego, CA 92120  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: Dr. Sandra Bonura 6885 Summit  
Ridge Way, San Diego, CA 92120  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 15, 2010.  
East County Gazette- GIE030790  
2/18, 2/25, 3/04, 3/11, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-001771**  
FICTITIOUS BUSINESS NAME(S): City  
Nails  
Located at: 10251 Mast Blvd. #H, Santee,  
CA 92071  
This business is conducted by: An Individual  
The first day of business was: January 1,  
2010  
This business is hereby registered by the  
following: 1. Lee My Huynh 11219 Brockway  
St., El Cajon, CA 92021  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 21, 2010  
East County Gazette- GIE030790  
1/28, 2/04, 2/11, 2/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-003668**  
FICTITIOUS BUSINESS NAME(S):  
Performance Drywall & Insulation  
Located at: 4204 Jutland Dr. Ste. A-2, San  
Diego, CA 92117  
This business is conducted by: A  
Corporation  
The first day of business was: February  
8, 2010  
This business is hereby registered by the  
following: New Vision Drywall 4204 Jutland  
Dr. Ste. A-2, San Diego, CA 92117  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 08, 2010.  
East County Gazette- GIE030790  
2/18, 2/25, 3/04, 3/11, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-004559**  
FICTITIOUS BUSINESS NAME(S): KTM  
Construction  
Located at: 8614 Argent St. #F, Santee,  
CA 92071  
This business is conducted by: A  
Corporation  
The first day of business was: January 1, 2004  
This business is hereby registered by the  
following: 1. KTM Coating Technologies Inc.  
8614 Argent St. #F, Santee, CA 92071  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 18, 2010.  
East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-004479**  
FICTITIOUS BUSINESS NAME(S): Mercy  
Electric Co.  
Located at: 8137 Winter Gardens Blvd.,  
Lakeside, CA 92040  
This business is conducted by: A  
Corporation  
The business has not yet started.  
This business is hereby registered by the  
following: 1. K.A. Carlisle Inc. 8137 Winter  
Gardens Blvd., Lakeside, CA 92040  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 17, 2010.  
East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-001730**  
FICTITIOUS BUSINESS NAME(S): Casa  
Palmera Care Center  
Located at: 14750 El Camino Real, Del Mar,  
CA 92014  
This business is conducted by: A  
Corporation  
The first day of business was: September  
3, 2004  
This business is hereby registered by the  
following: 1. Casa Palmera Care Center, Inc.  
14750 El Camino Real, Del Mar, CA 92014  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 21, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002948**  
FICTITIOUS BUSINESS NAME(S): Mighty  
Jungle Media  
Located at: 9610 Hartland Circle, Santee,  
CA 92071  
This business is conducted by: A General  
Partnership  
The business has not yet been started.  
This business is hereby registered by the  
following: 1. Chris Galvan 9610 Hartland  
Circle, Santee, CA 92071; 2. James Meek  
1246 Tres Lomas Drive, El Cajon, CA 92021  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 02, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-003000**  
FICTITIOUS BUSINESS NAME(S): Route  
94 Vehicle Registration Service  
Located at: 12868 Hwy 94, Spring Valley,  
CA 91978  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Ardelle J. Stewart 8687 Lemon  
Ave. #7, La Mesa, CA 91941  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 2, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-035941**  
FICTITIOUS BUSINESS NAME(S): Passion  
Fine Jewelry  
Located at: 415 S. Cedros, Solana Beach,  
CA 92075  
This business is conducted by: A  
Corporation  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Mo Able Inc. 2339 Mt. Elena  
Way, 2339 Mt. Elena Way, Jamul, CA 91935  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
December 31, 2009  
East County Gazette- GIE030790  
1/28, 2/04, 2/11, 2/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002380**  
FICTITIOUS BUSINESS NAME(S): KOFU  
Art and Design  
Located at: 501 Kristen Crt., Encinitas, CA  
92024  
This business is conducted by: An Individual  
The first day of business was: January 18,  
2010  
This business is hereby registered by the  
following: Suellen McFerran 501 Kristen Crt.,  
Encinitas, CA 92024  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 27, 2010.  
East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-004128**  
FICTITIOUS BUSINESS NAME(S): Bauhaus  
Building Company  
Located at: 1608 Maria Ave., Spring Valley,  
CA 91977  
This business is conducted by: An Individual  
The first day of business was: March 20,  
2004  
This business is hereby registered by the  
following: Eric Schlosser 1608 Maria Ave.,  
Spring Valley, CA 91977  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 11, 2010.  
East County Gazette- GIE030790  
2/18, 2/25, 3/04, 3/11, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-000756**  
FICTITIOUS BUSINESS NAME(S): Phoenix  
Specialty Printing  
Located at: 12233 Higgins Terrace,  
Lakeside, CA 92040  
This business is conducted by: Husband  
and Wife  
The business has not yet started.  
This business is hereby registered by  
the following: 1. Andrea C. Hunter 12233  
Higgins Terrace, Lakeside, CA 92040;  
2. Christopher M. Smith 12233 Higgins  
Terrace, Lakeside, CA 92040  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 11, 2010  
East County Gazette- GIE030790  
1/28, 2/04, 2/11, 2/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002008**  
FICTITIOUS BUSINESS NAME(S): a.)  
Summit Publications b.) Aviculture Book  
Source  
Located at: 235 Garden Grove Ln., El Cajon,  
CA 92020  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Patrick Gerald Coyle Jr., 235  
Garden Grove Ln., El Cajon, CA 92020  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 25, 2010  
East County Gazette- GIE030790  
1/28, 2/04, 2/11, 2/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-004759**  
FICTITIOUS BUSINESS NAME(S): Studio B  
Located at: 1347 Tavern Rd. #B4, Alpine,  
CA 91901  
This business is conducted by: A General  
Partnership  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Raquel Bourgeois 1347 Tavern  
Rd. #B4, Alpine, CA 91901; 2. Debbie Horn  
1347 Tavern Rd. #B4, Alpine, CA 91901  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 19, 2010.  
East County Gazette- GIE030790  
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-001465**  
FICTITIOUS BUSINESS NAME(S): a.) Align  
by Design b.) Align and Design  
Located at: 4615 Date Ave., La Mesa, CA  
91941  
This business is conducted by: An Individual  
The first day of business was: February  
12, 2005  
This business is hereby registered by the  
following: 1. Matina Arriaga Kueiner 4615  
Date Ave., La Mesa, CA 91941  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 19, 2010  
East County Gazette- GIE030790  
1/28, 2/04, 2/11, 2/18, 2010

Dear Dr. Luauna



**Dear Luauna:** Thank you for your column, this has been a very hard two years for me. I do not know what to do! Money seems to be nowhere in site, and I am at the end of myself. I work hard, yet I feel like I am in this dark HOLE! WHAT can I do, when it seems like every time I turn around the bills keep stacking up higher? HELP! **Signed Dear Drowning In Debt,**

One of my favorite stories in the Bible, I Kings 17:9-15. When you read this story, remember God is the same God as yesterday. This widow, lost her husband, and was down to the very last portion of food, she thought she and her son were going to DIE! Then the man of God, came and said, “Make me a cake first,” in times of DROUGHT giving seems crazy! When we give to the WORK of the Lord, HE always provides! Faith is what moves GOD. What is FAITH, read; Hebrews 11:1-3. Jesus loves you, and you are important to HIM. Ask Jesus to come into your heart, and forgive you of your sins, and then GIVE by FAITH to the Work of the LORD. Then thank GOD for HIS faithfulness. Know Jesus will hear your prayers, just like the widow, and countless other stories in the Bible. HE IS FAITHFUL! Read the outcome of the widow! It is worth giving...!

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# Our Best Friends

## Rainy day activities for dogs ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

### Dear Trainer,

With all of the rain we have been having I was wondering if you had any ideas on how to keep our house-bound dogs busy when they can't go out and play in the yard or take walks? We have three dogs that all seemed bored staying in, so I would love to hear your suggestions.

Signed,  
Bored Pooches

### Dear Bored,

I do know what you mean as my own dogs are feeling a little slighted by the weather, so I have been finding things that help them stay mentally and physically active during the soggy days.

### Chewing

Chewing is a great activity to

both physically and mentally exercise dogs. Chewing relieves stress and has a nice physical component to it as well. You should always test your dogs' chewing style however before leaving them unattended with anything that might cause an issue.

Some good choices for chewing are:

- Nylabones—some dogs love these, while others turn their noses up at them, but worth trying as they last for years in most cases.

- Rawhide—I would suggest very high-end rawhides that are made in the USA and are in the rolled form only (not the type with knots on the end). The brand name "Wholesome Hides" have been listed by the Whole Dog Journal as their recommended choice for made in the USA rawhides. They do go on to say they are more

expensive, however the price is worth the extra money, as they have less treatment to preserve them, and last much longer than the average rawhide. Many of the local dog and cat health stores carry them, but you can also find them at several locations on line.

- Raw bones—by far one of my favorites for chewing that offer longevity and healthy properties. Raw bones (never cooked) provide hours of chewing while providing nutrients and enzymes in a natural form that are known to promote clean teeth and healthy, firm stools. The size and the type of bone is important for recreational chewing, so do visit places like the El Cajon's Healthy Pet Pantry or La Mesa's Paw Country to talk to the experts in raw diets and ensure you get bones that are correct for your dogs' size and chewing styles. My dogs love

the soup bones that have some meat and marrow on them and they last all day for my "average chewers." Of course these are messy so you may want to confine your dogs to an area that is easy to clean, such as a crate or on their bed with a towel on top.

- Stuffed Kongs—always a favorite with dogs! Kongs are not just for peanut butter as many people think. They are designed to be a "food puzzle" for dogs and when stuffed correctly can provide hours of challenging fun for house-bound dogs. Visit the Kong website for recipe ideas and instructions on how to stuff a Kong: <http://www.kongcompany.com/> You will also find size charts to determine what size Kong to get for your dogs.

### Interactive games

Other things you can do with and for your dogs during the rain are games and interactive things that will challenge your dogs' minds and bodies. One of my favorite books is called "Playtime for your dog," by Christina Sondermann and it is full of indoor activities. From sniffing games like hiding your dogs' ration of food in different locations around the house, to "Living Room Agility," using things like boxes and blankets to make pieces of equipment for your dogs to go in and out of are creative and easy ways

to keep your dogs busy. Even if it isn't raining, there are loads of wonderful things for dogs to do in this book.

Puzzles are always fun for dogs and there are many on the market now designed to keep dogs thinking. Old stand-bys are Buster Cubes and treat balls which can hold a dog's whole meal. They are designed so dogs have to work at getting the food out rather than just feeding in a bowl.

Other products include the Nina Ottosson's line of mental puzzles ranging from easy puzzles to those that challenge the canine Einstein in your household. Her website is just fun to visit as it has lots of video showing the products - <http://www.interactivedog-games.com/> --but shop around for the best prices as she is in Sweden.

If you are on a budget, you can also make food puzzles from simple things like a cardboard box. Find a nice box that is size appropriate for your dog, put fun things in there like your dogs' kibble, treats, paper towels for shredding, balls, or anything you think your dog would like, and then fold the flaps in to make it harder, or use some masking tape to seal the edges (be sure to supervise!) and let your dog make a mess tearing the cardboard up to get into the goodies. Dogs

love making messes with things like this and it's not too hard to clean up after.

Other cheap ideas are placing your dogs' meals in an empty plastic bottle with the top removed so they can toss it around and get the food to fall out, but if you think your dog will eat the plastic, you might skip this one. Paper towel or toilet paper cores can make food holders by folding one end, filling it with food or treats and then folding down the other end before giving it to them.

### Training

Finally, training your dog to do fun things like tricks, or working on manners can eat up that boredom as well. I have been working on some boundary exercises with my puppy. She gets clicked and treated for stopping at bedroom door and not coming in until invited. It fun to watch her put the breaks on when we get to the door, waiting for her click and treat. She is very tired after a few sessions of training and ready to nap rather than get into things due to boredom.

There are some of my top ideas for dealing with the rainy day blues. Good luck

Nan Arthur,  
CDBC, CPDT, KPACTP  
[www.wholedogtraining.com](http://www.wholedogtraining.com)

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Duane, a 5-year-old Rottweiler mix male, is a carefree spirit, looking for a carefree family! Don't let Duane's size sway you. With a little bit of TLC, time, and companionship, Duane will make a great walking partner and furry companion. He is quite the looker, so don't be shocked if he becomes the neighborhood favorite. Duane will do best in an experienced big dog home, so make sure everyone comes to meet him. Duane's adoption fee is \$100 and includes his neuter, current vaccinations, permanent microchip identification, certificate for a free veterinary exam, and license. San Diego Humane Society, see contact info below..



Quincy is 9-year-old Breed: Chihuahua mix male. Don't let Quincy's age fool you...he is still a puppy at heart. Warm and loving, sweet and cuddly are the best words to describe this little guy. Quincy can charm anyone out of a hug with his calm demeanor. He loves short walks and a nice belly rub to relax. Quincy will do well in many types of homes, including a home with older children and other animals. In addition, Quincy may be a perfect match for an older pet parent who wants to take part in the San Diego Humane Society's [Seniors for Seniors Program](#). His adoption fee is \$50 and includes his neuter, current vaccinations, free vet exam, microchipping and license for Oceanside and Vista residents!

(Oceanside and Vista residents). SAN DIEGO HUMANE SOCIETY AND SPCA NORTH CAMPUS, 2905 San Luis Rey Rd., Oceanside, CA 92058 (760) 757-4357 [www.sdhumane.org](http://www.sdhumane.org) Adoption Hours: Open daily 10 a.m. - 5 p.m.



# MOTORSPORTS

## 2009 Infiniti G37 Convertible



2009 Infiniti G37 Convertible.

by Dave Stall

**B**efore sending out a bucket load of emails I know this review is on a 2009 and we are into

2010, but Infiniti hasn't made a 2010 G37 convertible so sit back and enjoy this one.

This Infiniti has a solid retractable hardtop, which will

give the owner that open air feeling when they want it, plus all the security needed when the top is up! Cool, but first let's put the top down. The owner's manual would be the first course of action, right? No way, this is a man thing and there is a toggle switch in the center of the console that has the stamped words, up-down and a picture of the convertible top. How simple can it be? I hit the down button and all I got was a warning light and a message on the center dash (which wasn't observed until after five top-down attempts) the message read "Check Separator," huh? I looked around and everything looked like it was all together. Must be top related so I popped the trunk and started looking for something that had the words separator on it, of course no luck. The thought of the owner's manual wafted into my head, but I fought it with all I had and kept looking for that darn separator. Then laying on the floor of the truck was a panel the width of the trunk, same color as the interior of the trunk along with a lot of warnings about to much luggage then I found the panel, pulled it up and it locked into two receivers and then I tried to drop the top one more time and wala, down she came (who needs an owner's manual!).

Now the top was down, the sun was shining and the drive to the East County mountains was a dream, wind in my face with little buffeting and I glanced into the back seat to find that if I ever put anyone back there, they would fit!

The Infiniti G37 came with a healthy 3.7-liter dual overhead camshaft 24-valve V6 producing 325 horsepower and 267 foot pounds of torque, but the real bonus is rear wheel drive, I love rear wheel drive. Backed by a seven, that is correct a seven speed electronically controlled automatic transmission with FI inspired paddle shifters mounted just behind the leather wrapped steering wheel.

Driver seat was leather wrapped, very comfortable and supportive, but there was one issue I found. I know the driver should put himself in all the positions needed before driving off, but I needed to adjust my driver seat one more time and I could not get

my chubby little hand down between the seat. The driver's door was a slight amount of discomfort, minor but still annoying. Other than the driver seat adjustments I found the Infiniti to be a blast to drive, great handling and of course my favorite feature the sound system, top up or down one can enjoy a great sound system, which was the Bose Open Air System Audi Pilot 2.0, 13 speakers and head rest speakers in the driver and passenger seat, sweet!

The G37 will set the buyer back \$43,650 or if it comes as loaded as my tester then they are looking at \$51,865 plus tax and license. I liked the complete package with navigation, back up camera, the 9.3 Giga Bite Music Box Hard Drive and you also get live traffic reports for those nasty commutes.

Great cars, fun to drive, just adjust your seats with the driver's door open!



Speakers and head rest speakers in the driver and passenger seat. Photos by Dave Stall



### Pain at the pump returning as gas prices head for \$3

Car Care Council tips can help save money at pump

**C**onsumers' chronic pain at the pump is returning with gas prices 67 percent higher than a year ago and probably heading back toward \$3 a gallon soon. While consumer's can't control the price of gas, they can control how much gas they burn by performing proper maintenance and how they drive. Performing simple and inexpensive maintenance can save as much as \$1,200 per year in gas costs.

The Car Care Council offers these gas-saving maintenance and driving tips:

- Keep your car properly tuned to improve gas mileage by an average of 4 percent.
- Keep tires properly inflated and improve gas mileage by three percent.
- Replace dirty or clogged air filters and improve gas mileage by as much as 10 percent.
- Replace dirty spark plugs, which can reduce mileage by two miles per gallon.
- Change oil regularly and gain another mile per gallon.
- Observe the speed limit. Gas mileage decreases rapidly above 60 mph.
- Avoid excessive idling. Idling gets zero miles per gallon. Warming up the vehicle for one or two minutes is sufficient.
- Avoid quick starts and stops. Aggressive driving can lower gas mileage by 33 percent on the highway and five percent in the city.
- Consolidate trips. Several short trips taken from a cold start can use twice as much gas as one longer multi-purpose trip.
- Don't haul unneeded items in the trunk. An extra 100 pounds in the trunk reduces fuel economy by one to two percent.

To help you drive smart and save money, visit [www.car-care.org](http://www.car-care.org) and check out the free digital Car Care Guide.

### Bumper-To-Bumper with Dave Stall

**Dave:** My wife and I just bought a new Nissan a couple of week's ago and we just love the car but the other night while going to the movie's someone must have backed into the rear of the car and pushed in the bumper. I took the car back to the dealer where I bought it and asked what it would cost to repair the bumper and the representative said they would have to replace the bumper cover and paint it to match our car. The cost would be around \$1,500 dollars! I almost fainted, but I did check with my insurance company and with my deductible it was still out of my price range. I have seen ads for companies that fix damaged bumpers but I have been skeptical because they charge only a fraction of what the dealership would charge to do the repairs. What are you feeling on these bumper repair shops? Do you have a recommendation we could use without the fear of doing more damage to our new Nissan? Mel.

**Mel:** There is nothing worse than walking out and seeing your pride and joy damaged and the person who did it doesn't have the nerve to stand up and take responsibility. Probably didn't have insurance. Well you're in luck as you know if you have been reading my column I'm always on the lookout for companies that do the right thing and in your case I found just the company. They are called Bumper Doc, they are a mobile service or you can go to them. Give them a call at 1-866-DR-Bumper or you can visit them on the web at [www.bumperdoc.com](http://www.bumperdoc.com). Depending on the damage you could be looking at as little as \$250 to repair your bumper, I have seen their work and it is the best I have seen!

**Dave:** When you're driving down the street does it hurt your automatic transmission if you slip it into neutral before you come to a stop? I have always done it in cars with manual transmissions and so far no damage. Your probably wondering why I do this, well I was rear ended a couple of years ago and the police officer said if I had been in neutral when I was hit I and my vehicle would have sustained a lot less damage so now I practice putting my transmission in neutral. The only reason I bring this up is a co-worker was riding with me when I slipped my transmission into neutral and he said I could do damage to the transmission if I kept it up, is he right? Bill.

**Bill:** If done right it will not damage a thing but you are wearing out your brake pads sooner then needed and depending on the speed you're traveling or even a down grade you could overheat your brakes, you see the transmission drag while in gear helps stop your vehicle and will do less wear on your brakes plus if you slip up and miss neutral and engage Park, it could get financially ugly!



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